



HOWNIKAN

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People of the Fire

Cultural Heritage Center renovations ongoing

This March marks one year since an uncapped City of Shawnee water main flooded the Citizen Potawatomi Nation Cultural Heritage Center. Although employees from across CPN's numerous programs and departments have partnered with staff at the Cultural Heritage Center to re-open since the initial cleanup of thousands of gallons of water, the progress has been painfully slow.

"It's been nearly one year since the flood occurred, and although it's been slow we have seen a small amount of progress in 2015," said Cultural Heritage Center Director Dr. Kelli Mosteller. "We are eager to begin creating and installing exhibits so we can open the museum to visitors again."

The most recent step in the restoration process has been to update the drainage system around the Heritage Center to keep as much water away from the building as possible. The uncapped City of Shawnee water main that burst in March 2013 was more than 20 feet below the surface of the Heritage Center. As thousands of gallons flooded below, the building's floor began to rise. Although water was removed from the building, staff and reconstruction crews have combated an ongoing moisture issue emanating from the original leak below the concrete slab.

In April 2014, Construction crews removed the concrete slab from the Long Room, home to the CPN Veterans' Wall of Honor, so that the damage below the foundation could be assessed. These assessments and repairs have been some of the most significant challenges in re-opening the museum.

In normal construction the slab would be exposed to the sun and wind, which would allow it to dry easier. However, since the slab is inside the building, it retained moisture. As many as fourteen de-humidifiers were placed in the building to pump hundreds of gallons of water from the building.

Flooring in the museum side of the Cultural Heritage Center was placed in July, but ongoing water and moisture issues have halted construction of exhibits. Other temporary solutions for flooring are being explored until the humidity level in the concrete slab is low enough for a permanent solution.

"We've been told it could take years for the concrete slab to dry enough and be at the ideal moisture level for any other type of floor," added Mosteller. "We're looking for the best solution possible and we will likely find something temporary so that we can allow the humidity level to stabilize and get the museum back open."

Humidity and moisture levels



Employees from across the Tribe rushed to the CHC to mitigate the damage.

throughout the building have been a concern during the past 12 months. Many of the objects in the collection are made of materials that do not react well to long-term exposure to moisture.

"We have a lot of paper, photos, leather, cloth, feathers, and the preferred conditions for storing items like these to preserve them for generation is in a cool, dark, dry space," said Mosteller. "Essentially, we want to minimize the effects of the environment, and moisture is probably the most damaging of these. It causes paper to curl and is a catalyst for mold

and mildew, which deteriorates the objects on which it grows. Our circumstances are even worse because the humidity has been fluctuating drastically. The spikes and crashes are very hard on objects over a period of time."

In addition to the structural damage there has been an impact on Tribal members who travel to the Heritage Center. Attendance at the Heritage Center is more than 10,000 per year, with the bulk of that happening during the annual CPN Family Reunion Festival in June.

The Long Room and Heritage

Center is generally a staple for Festival activities, but in 2014 many of those activities were moved or canceled.

"Many of our Tribal members are only able to visit once per year and visiting the Heritage Center has always been an important aspect of connecting with their culture during Festival," added Mosteller. "We're hoping they will have that opportunity this year, but we know thousands only make it once in a lifetime and they missed out last year."

(Cont. page 6)

The 1867 Potawatomi Treaty: Encroachment in Potawatomi land and the move to Indian Territory

By Dr. Kelli Mosteller,
Director of the CPN Cultural
Heritage Center

By the end of the 1860s, most officials in the United States Office of Indian Affairs realized that their social experiment of assimilation through private land ownership and U.S. citizenship was largely a failure among the Citizen Potawatomi living in Kansas. A small percentage of the Citizen Potawatomi succeeded as independent farmers and businessmen and thrived in the conditions established for them by the allotment and citizenship treaty of 1861. Far more, however, were quickly engulfed by adverse conditions and outside pressures from non-Indian settlers and corporate interests who desired their land and wanted them out of Kansas.

When only a few Citizen Potawatomi managed to succeed, federal officials blamed the Potawatomi's inherent "Indian-ness" for those who failed to make the transition to agriculturalists. Such rationalization made it easy to ignore the mismanagement of the assimilation effort by the federal government and the onslaught of corporations and non-Indian settlers pushing for access to Citizen Potawatomi land. The forlorn Citizen Potawatomi who ended up in a general state of landlessness, despair, and poverty refused to succumb to their circumstances however. Instead,

they chose to avail themselves of an "escape clause" in the 1861 allotment and citizenship treaty that allowed them to sell their lands in Kansas and buy a new reservation in Indian Territory.

The provisions for the Citizen Potawatomi's move to Indian Territory were stipulated in a treaty signed on February 27, 1867. In the two years following the treaty, the Potawatomi Indian agent, with the assistance of the Tribal Business Committee, was obligated to create a census of those who planned to sell their private lands and move to Indian Territory and those who wanted to stay in Kansas and become U.S. citizens.

There was no mass exodus of Citizen Potawatomi from Kansas. Unlike previous removals the Potawatomi endured in the 1830s and 1840s, the 1867 treaty agreement did not fund the relocation to Indian Territory. Many of the families were too poor to finance such a move and did not receive the same annuity monies as other Native Americans. The reality was that the poverty that made life on the Kansas reservation difficult also prevented most Citizen Potawatomi from moving to their new reservation in Indian Territory to start over.

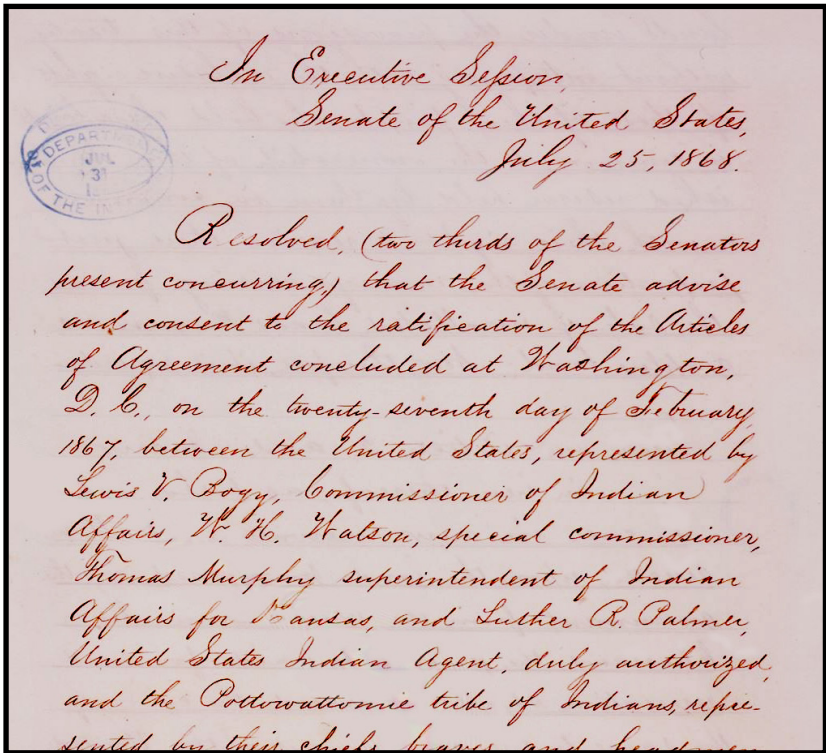
The Citizen Potawatomi were not sure when they would move, but with the knowledge that their time in Kansas was limited, most of these individuals did not attempt

to put crops in the ground or further improve their living conditions. Those who had already lost their land were largely living in temporary homes on the Prairie Band Potawatomi's reservation or on the property of their extended family until they could procure the funds to make the move. All were in a state of limbo and growing restless.

In the winter 1869, a party of Citizen Potawatomi traveled to Indian Territory and selected a tract of land that became the site of the Citizen Potawatomi reservation. They chose a section of land that encompassed thirty square miles, or 576,000 acres from the north fork of the Canadian River to the south fork. Today that territory encompasses Pottawatomie County, Oklahoma.

The earliest families to make the journey to their new reserve arrived in Indian Territory in 1872. Since they paid for the move themselves, these families were among the more affluent Potawatomi families who were able to move from Kansas and included members of the Anderson, Melot, Clardy, Pettifer, Bergeron, and Toupin families.

Fourteen wagons filled with supplies and eager, yet anxious, Citizen Potawatomi set out for their new homes in Indian Territory with little idea about what they would encounter and how they would succeed in



The front page of the 1867 U.S.-Potawatomi Treaty.

supporting their families. Most of these earliest arrivals settled together in a small community they called Pleasant Prairie near the center of the reservation. By the end of the year the population of the budding community was a mere twenty-eight people.

When the straggling groups of Citizen Potawatomi left Kansas for their new reservation in Indian Territory, none knew what to expect. These individuals, along with their parents and grandparents, were told on several previous

occasions that once they moved just a little farther away from non-Indian society they would be left to themselves on land that would belong to them forever.

These promises always proved false. So, the Citizen Potawatomi understood that their lives in Indian Territory were not going to be without trials and tribulations. None of them, however, could have anticipated the decades-long battles they would have to wage to see the rights to which they were entitled realized.

Incorporating culture into everyday life

As the Citizen Potawatomi Nation has grown in recent years, concerns about Potawatomi traditions and practices have come to the forefront in many conversations among Tribal members. Though many traditions are passed down from family elders, those living twenty-first century lifestyles may feel like it's a difficult task to adhere to practices developed before the Industrial Revolution.

Here are a few ways to connect with your Potawatomi culture in your everyday life.

Using prayer every day is one of the most simple, yet most meaningful ways to incorporate Potawatomi culture into everyday life.

This is a way to stop, breathe and take that moment of silence that relaxes the mind.

“Put a basket of tobacco next to your door and when you go out every day take a pinch of the tobacco and put it down on the ground and say your prayers,” explained Dr. Kelli Mosteller, director of the CPN Cultural Heritage Center. “It’s a good way to thank the Creator, start your day and ask for any healing you need.”

Tobacco is one of the four sacred medicines, and is what the Potawatomi use for their prayers. Putting tobacco on a fire and the smoke carries the prayers up to the Creator.

“Tobacco is the manifestation of a gift the Creator gave the Potawatomi,” said Dr. Mosteller. “It’s the act of holding the tobacco in your hands and saying your

prayers and putting it down to Earth.”

Tobacco can be put down anywhere and a fire isn’t needed to use it. However, make sure it’s out of the area of a pathway.

Use the Potawatomi language every day, even if it is something simple like, bozho (hello).

Try using it with someone who isn't Potawatomi. That can open the door to sharing something about CPN. Use the language any way possible, even if it’s only a word or two.

Starting or finishing a Tribal craft is a great way to relax and let the tensions of the world go. Make a sweet grass basket or work on regalia.

“Put effort into something you can be proud of that represents your Tribe,” said Dr. Mosteller. “At the end of the day, it’s a rewarding way to get closer to your culture.”

Respecting and honoring elders is a way of understanding the continuation of life.

Consider that choices made are going to impact the generation that follows. Thank the Creator for what he has given the Earth. Stop and think about the ways of life the Potawatomi should have inherited from their ancestors. Be aware that these methods are not hype, but a way of being a part of the world.

Finally, take part in seasonal activities.

Winter stories are a good time to tell old traditions with family,



Tobacco at the doorstep provides a positive start to each day’s journey.

friends or anyone. Memoirs of the past are great to tell to children because the stories have good moral undertones. Most Potawatomi stories have a meaning behind them that teaches how to behave in a socially acceptable way.

For more information on incorporating Potawatomi culture into everyday life, please contact the Cultural Heritage Center at 405-878-5830.



Putting Potawatomi names on everyday items helps practice the language.

Wadasé update: March 2015



She is on guard as the red-tailed hawks are flying in the pasture above her.



Soaring in the clear sky on a particularly warm day for January, she checks out the eagles in the enclosures as she flies in for a closer look.

The first calendar day of spring is right around the corner, but we can already see the grass beginning to turn green under winter’s brown coat. The great horned owls that have taken up in the hollow of the old pecan tree behind the aviary have already hatched at least one owlet this season. We found the pipped egg shell that had been tossed from the hollow the night before lying at the base of the tree. We have also seen the herons carry nest material across to their roost east of the aviary and the red-tailed hawks are putting on aerial displays of courtship. Their nesting season is approaching as well.

As the seasons change, we anticipate Wadasé Zhabwé will most likely return to the area of the Salt Fork River near Ponca City, Okla. She spent the majority of the summer in that area after May when she ventured north to Keystone Lake as the white bass were spawning. We will be watching to see if patterns in her travels match her previous year.

Wadasé continues to visit the aviary frequently, although she spends less time on the grounds since we have had mild weather the past month. She may fly in early in the morning and be gone before the sun is above the tree tops. On sunny days we see her in the distance



Great-Horned Owl egg found beneath the big pecan tree behind the aviary. We can tell that it was hatched by the way the shell is evenly broken in a complete circle

flying high above the river. Occasionally, she returns late in the evening before going to roost down towards the river.

Sitting down to write this update, there hadn’t been much new information to include until the previous week’s telemetry became available. On Feb. 6, she did something we didn’t expect.

She had spent the past week to the northeast of the aviary in the community of Johnson, and worked her way around the river west to Mcloud before going on to Harrah near the eagle nest on Horseshoe Lake. However, she only stayed overnight near Harrah on this trip. On Feb. 6, telemetry shows her path back down the North Canadian River towards the aviary, but instead of crossing Hwy. 177 and coming home, she followed the highway south for a bit and then veered further southeast when she reached Hwy. 9.

She flew right between Tribbey and Etowah and continued straight on until she reached the South Canadian River, stopping just north of Rosedale for the night. The next day she followed the river back towards Purcell before crossing over I-35 and heading towards Lindsay. She stopped along the Washita River east of Lindsay for the evening.

On Feb. 8, she headed further east along the Washita stopping near Maysville in a sharp bend in the river to hunt for several hours before she headed back west past Lindsay stopping again for the night on the Washita near Bradley. Telemetry isn’t in for her trip home, but we know that she flew over 50 miles late afternoon on the ninth because she came flying in above the aviary. She made a wide circle around the property, came in

closer for one pass as if to say hello, and headed off to the pasture west of the aviary. We spotted her again just before sunset, following adult eagles towards the river. This trek to southern Okla. was her furthest trip south and west to date.

If she makes more trips south, we will have to go and see if she has found another nest to visit. One thing is certain, eagles pick nest sites based on availability of food to raise their family, so Wadasé is gaining valuable knowledge as she visits these places, as well as finding great hunting spots.

Her telemetry data continues to be a valuable tool in understanding and learning about the behavior of juvenile bald eagles. To follow her movements with us you can visit www.arcgis.com/home and search for “Potawatomi eagle.”

Send your encounters with Wadasé or any other eagles in the state or wherever you may be to Jennifer.randell@potawatomi.org. All your reports have been a great help in monitoring her movements away from the aviary grounds.

For more information, or to read previous updates, please visit <http://www.potawatomi.org> and search Wadasé or you can visit <http://www.potawatomi.org/about-wadase>.



To see more about the CPN Eagle Aviary, scan this QR code.

Executive Chef and GM Ramon Tolentino lights fire at Flame Brazilian Steakhouse

Since the close of Embers Steakhouse in 2013, the Grand Casino Hotel and Resort lacked a steakhouse inside the gaming center. That open space provided an opportunity for a fresh start. Though employees and directors alike considered a range of options to replace Embers, the final inspiration came from Tribal Chairman John Barrett.

Visits to Brazilian-style steakhouses in his travels across the country convinced Chairman Barrett to develop a similar venue at the Grand Casino. Before progress on such a unique concept could come to fruition though, an extensive search for an executive chef to shape the operation took place. Following months of research and interviews, the selection of Ramon Tolentino moved Flame Brazilian Steakhouse from the negotiating table to the dining room table.

With 23 years of experience working in steakhouses, Tolentino was referred to the opening by a friend while working as executive chef for three Ruth’s Chris Steakhouses in New York City,

Atlantic City, N.J. and Baltimore, Md. After his contract with Ruth’s Chris ended, Tolentino went back home to Miami when he was contacted by Paul VanRaamsdonk, Director of Hotel and F&B Operations at the Grand Casino.

Originally from Puerto Rico with familial roots traced back to Italy, Tolentino was born into the restaurant lifestyle. His father owned restaurants in Miami and Puerto Rico and his mother was a culinary teacher.

“This was in my blood from the day I was born,” stated Tolentino. “Being in the restaurant business has always been family business.”

Acquiring a degree from the Culinary Institute of America at Greystone in St. Helena, Calif., he went on to work for famed Brazilian steakhouse franchise Texas de Brazil for eight years.

“I always had a passion for different food and cultures,” Tolentino explained. “I fell in love with the Brazilian style and was able to learn the concepts from Brazilian chefs while working there.”

Tolentino developed the entire menu for Flame, combining practices from his time at Texas de Brazil with new ideas he had been unable to use in the franchise atmosphere.

“When I came here everyone treated me well and I knew I wanted to be here,” stated Tolentino stated. “My philosophy behind my food has always been what can I do better and what’s best for the guest. I want the best quality of food and best training of my employees so the guests can come here and have a great time.”

To open the restaurant, Tolentino and his team researched meat choices for two months before choosing those that Flame uses. Each sample was tested with Tolentino’s style of cooking. Indicative of the preparation the Miami-native puts into his art, Tolentino spent a month deciding which rice he wanted to use.

Tolentino personally inspects the restaurant’s food offerings each day to ensure freshness and the same quality as the previous day’s servings.



Ramon Tolentino.



Flame Brazilian Steakhouse was recently awarded the Hottest New Concept by the Oklahoma Restaraunt Association.

“If it’s not perfect then it’s not good for the guest,” stated Tolentino

So far the feedback for Flame has been extremely positive. The steakhouse is not just a restaurant for business partners and casino goers though.

“This is a family restaurant,” stated Tolentino. “Everyone is welcome here.”

Judging by the diverse crowds of customers Flame has drawn thus far, that simple statement appears to have found a receptive audience

in the areas around the Grand Casino Hotel and Resort.

Kids birthdays, executive lunches and other events are held at Flame in their four private dining rooms.

Flame Brazilian Steakhouse is open Wednesday - Thursday from 5-10 p.m., and Friday - Saturday from 5-11 p.m. On Sunday, brunch runs from 11 a.m. – 2 p.m., and dinner is from 4-9 p.m.

For more information please visit www.grandresortok.com/dining/flame.

Potawatomi Leadership Program applications open March 1 to May 1



The six-week Potawatomi Leadership Program brings a group of 8-10 promising young Tribal members from around the world to Shawnee, Oklahoma to learn about the government, culture, and economic development of the Citizen Potawatomi Nation. At its core, the Potawatomi Leadership Program strives to give interns an accurate perception of the Citizen Potawatomi Nation as a whole and cultivate talent from within to ensure that younger generations are prepared for a role in the future governance of their Tribe.

The Potawatomi Leadership Program is an opportunity for young Tribal members from around the country to take part in a six-week long educational program in Shawnee, Okla. The program strives to give interns an accurate perception of CPN as a whole and cultivate talent from within to ensure that younger generations are prepared for a role in the future governance of their Tribe.

In October 2014, the six-week internship program for college-age Tribal members received the High Honors award from Harvard’s Honoring Nations Program. The award came just more than a decade after the inaugural PLP class of 2003 walked through the door.

“When I was in the PLP, I understood the program was awesome. But I couldn’t have imagined the far reaching impacts

of the PLP program,” said 2003 alumni Noelle Albano after the honor was awarded. “Now I get it. Having a program like the PLP is absolutely essential for long term growth of a Tribe. If you look back on any civilization, those that have stood the test of time have passed knowledge and cultural heritage from one generation to the next and adapted to change, in spite of great adversity,” Albano said.

The PLP brings in a handful of Potawatomi from across the country each summer where they learn about the day-to-day business of governing one of the United States’ largest Tribes. Cultural practices compliment the professional work environment, with PLP participants learning more about their language, culture and family histories along with the issues in serving 30,000 members and employing nearly 2,500 workers.

PLP applicants will be able to apply to the program at plp.potawatomi.org.

Tesia Zientek, Grants and Contracts Coordinator for CPN, helps out with the PLP during their summer internship.

“Coming off of winning the Harvard Honoring Nations Award this past fall, we are extremely proud of the PLP and its positive reputation in Indian Country,” said Zientek. “I would highly encourage anyone who meets the eligibility criteria to consider applying. It’s always a mutually beneficial experience as we learn from the students’ unique perspectives and they take away a deeper understanding of the cultural, professional, and leadership aspects of the Citizen Potawatomi Nation.”

The user-friendly website,



Potawatomi from across the nation come together for the annual internship program.

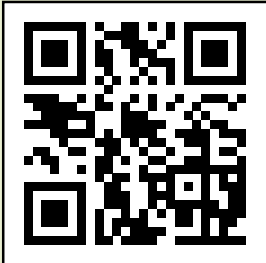
plp.potawatomi.org, allows individuals to see previous classes, details of the program’s activities and has an online application page for future PLP students. Whether a parent seeking information or Tribal youth interested in attending, the website gives everyone an idea of what they need to know.

The dates for participating in the program this year is from June 21 to Aug. 2. Applications can be submitted from March 1 to May 1. Those selected to participate in the 2015 PLP class will be notified by May 15. To qualify, applicants must be a Potawatomi Tribal member with a GPA of 3.0 or better who is between the ages of 18-20 by the program’s start date that has completed no more than one year

of college.

For more information about the program and attending, refer to the PLP website plp.potawatomi.org or contact Dennette Summerlin at 800-880-9880, ext. 1103.

Scan this code to start applying!



CPN Community Garden: Spring 2015 update

At the end of 2015, Dr. Kelli Mosteller of the CPN Cultural Heritage Center and CPN Dietitian Torie Fuller MS RD/LD spearheaded the effort to get the CPN community garden up and running. The garden's first location was only temporary and with the spring planting season here, the garden has been moved to an area inside the CPN Eagle Aviary grounds.

Along with Dr. Mosteller and Fuller, a group was created to oversee the development and maintenance of the community program. Jeremy Arnette from the Cultural Heritage Center, Coordinator for FireLodge Youth Darin Greene, CPN dietitians Rochelle Plummer and Betty Nicolson, Eagle Aviary Managers Jennifer Randell and Bree Dunham and CPN grant analysts Tesia Zientek and Kasie Nichols sit on the CPN Community Garden advisory board overseeing its operation.

"We will start planting carrots, onions, potatoes, spinach, corn, blackberries, blueberries, strawberries and raspberries in February and March for our spring garden," said Fuller. "In April and May we will plant beans, cantaloupe, okra, peppers of all varieties, pumpkins, squash, tomatoes and watermelon."

The garden will be a little less than an acre and will have a special gate



Dr. Kelli Mosteller pulls weeds during last year's harvest.

outside of the aviary grounds for volunteers to enter. A green house for starter plants and storage will also be located inside the garden. So as not to impact the local wildlife and ecosystem, extra deer feeders will be located away from the garden while plants that deter pests and insects will be planted. The garden will also utilize organic growing methods for its produce.

"We are currently working on making a Facebook page to keep volunteers updated and allow anyone to see what this project is all about," said Dr. Mosteller. "Volunteers will be able to get

hand-picked and harvested food that they worked to produce. The food will also be used for grant purposes to feed the Title VI program and allow the FireLodge Youth to have a seasonal harvest meal."

The community garden advisory board encourages anyone from the community to help with planting the crops as well as tending the garden and harvesting in the summer. The Title VI program, Youth Mentoring Program, Child Development Center and teens from The P.L.A.C.E. will all be involved as well.

For more information on the CSA garden at Citizen Potawatomi Nation, please contact Torie Fuller at tfuller@potawatomi.org or Dr. Kelli Mosteller at kelli.mosteller@potawatomi.org.

Read more about how the community garden began:



CPN maintenance crews flatten the new location at the aviary.

CPN artist Denny Haskew's bronze sculpture on permanent display at Grand Casino

As the ninth largest Tribe in the U.S., CPN has many acclaimed artists amongst its Tribal members, both past and present. From Sharon Hoogstraten's breathtaking photographic portraits to Woody Crumbo's intricately detailed paintings, Tribal artists are represented in all mediums in the art world. Closer to home is just one example of one of these artists' talents. On permanent display at the Grand Casino Hotel and Resort is the work of renowned CPN artist and sculptor, Denny Haskew.

A member of the Pettifer family from Colorado, Haskew has been in the art scene since 1987. He has made hundreds of sculptures and is a part of the National Sculptor's Guild. Many of his sculptures are on display at the Columbine Gallery in Loveland, Colo. as well as other galleries across the

country. His latest display of work is a 76x46x96 inch bronze sculpture called "Courage to Lead," and is on display at the main entrance of the Grand Casino Hotel and Resort.

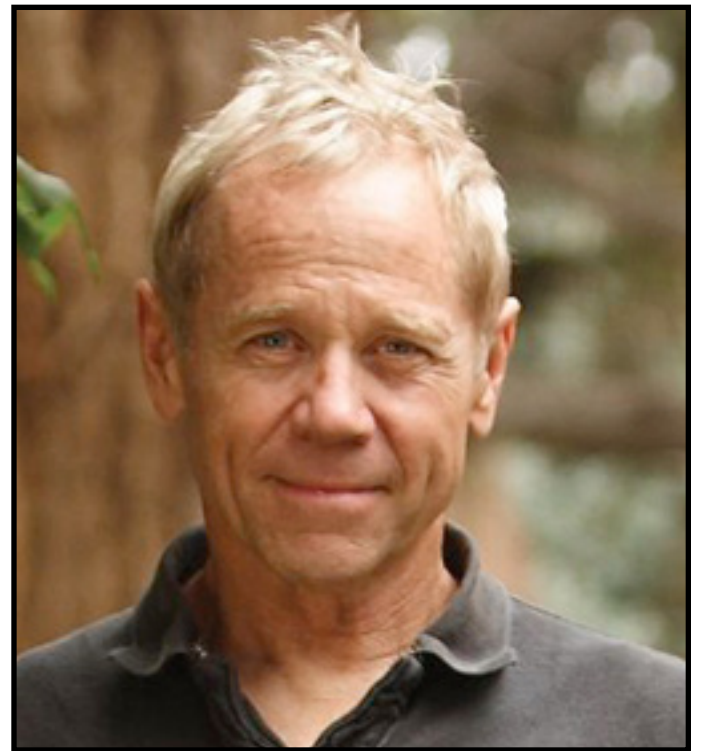
The piece depicts a traditional Native American story of warriors shooting arrows into the night sky while standing amongst their falling arrows to show bravery and courage.

"The night before these warriors would go out to fight or scout, they would have a fire and would dance around it while the leaders of the warriors would shoot arrows into the sky," explained Haskew. "This portrayal of courage would teach the warriors to conquer fears and show that what they were going to set out to achieve was the right thing."

Making a statue of this size takes quite some time for Haskew. It took him two years to sketch and develop the idea for this particular piece. Once he was satisfied, it took eight months to piece the entire sculpture together.

"The process begins with sketches, water color paintings and then small clay rendering so I can get an idea of what it will look like in 3-D," said Haskew. "I then decide on the size I want it and make a mold for a smaller version of the final piece called a maquette. I will then take the maquette and use to scale for the final project."

To create the sculpture, Haskew placed a mold over the clay rendering then took a mixture of rubber and plastic to create a new mold. From there he poured hot wax into the new mold to capture the fine details and textures of the final piece. He then took 20 to 30 pieces of bronze and welded them together around the mold before finally sandblasting the final product. The final step brought out the colors of the bronze which gives its current clean,



Denny Haskew - photo courtesy of Sorrel Sky Gallery.

finished look.

"This has always been a dream of mine to have one of my pieces be displayed for my Tribe on Tribal grounds," said Haskew. "Doing this work makes me think of my parents. My mother and father have passed on but I know they are looking down and would be proud of me for doing this for my Tribe. I am honored to have my work on display for CPN at their Tribal enterprise."

The piece has been on display since the start of the year and the maquette is also on display inside the hotel. Haskew plans on bringing new pieces of work at the 2015 CPN Family Reunion and is also currently working on new sculptures.

For more information about the work of Denny Haskew please visit, www.nationalsculptorsguild.com/artist_haskew.html.



Haskew's "Courage to Lead."

Did you know the *Hownikan* comes in a digital format?

The *Hownikan* offers subscribers the option of a print or digital copy of their newspaper. If you would like your newspaper via email, please email your name and address to hownikan@potawatomi.org and let us know.

Crowded gym is no excuse for skipping workouts



Any kind of exercise between sending emails, making phone calls or a meeting is a positive.

Each New Year, resolutions to lose weight, get healthy or simply start exercising become the norm for many people. There are a few things that can be done to add physical activity into the day without buying expensive workout equipment or a gym membership.

“There are easy ways to add physical activity to your day,” said CPN Wellness Center Fitness Trainer, Sarah Lawrance. “When going to the grocery store or department store, park farther out so you can add more walking into your day. If you have an appointment in an office building, take the stairs instead of the elevator.”

Lawrance also suggested exercises a person could do at home or at work, like push-ups, jumping jacks, planks, crunches, burpees, calf raises, wall sit,

lunges or squats.

A sample workout including some of those exercises may be:

- 10 push-ups
- 20 squats
- 30 lunges
- 40 sit-ups
- 50-second wall sit
- 90-second jumping jacks
- 50-second wall sit
- 40 sit-ups
- 30 lunges
- 20 squats
- 10 push-ups

No matter what exercises are chosen, Lawrance suggests consulting a physician before starting a workout program to see if they have any recommended limitations or restrictions.

“Every exercise programs should be catered to your needs,” said

Lawrance.

Whether exercising at home or work, choose exercises that are challenging, easy to stick with but most of all fun.

“Remember,” said Lawrance, “any exercise benefits a person’s overall health.”

Winter still nipping at your toes? Check out some cold-weather workouts:



CPN West Clinic offers care for Tribal members and employees

While the health services of the Citizen Potawatomi Nation continue to serve thousands of Tribal members and their families each year, many Tribal employees forget that they too can take advantage of the Tribe’s health care offerings. The CPN Health Clinic West is open to Tribal members, their non-Native spouses as well as all Tribal employees for many health care services. Clinic Manager Keri Harjo spoke with the *Hownikan* to explain some of the West Clinic’s offerings and the process in becoming a patient.

How did you come to serve as the director at the CPN West Clinic?

“I served as the business office supervisor here at the West Clinic while Dr. Doyle Fortney was the clinic manager. After Dr. Fortney resigned, I served as acting clinic manager and was then hired, much to my delight, as such a few months later.”

Who can visit the CPN West Clinic? Is it only Tribal members?

“We provide services to American Indians Alaskan Natives as well as all CPN Employees, their spouses and dependents. Non-native spouses of CPN Tribal members are also eligible to become patients at the West Clinic.”

What healthcare services are available at the West Clinic?

“Currently we have two full-time family practice providers and a full time pediatrician. We also offer a cardiology clinic one morning a week by referral for our established patients.

“The West Clinic has a pharmacy, laboratory, public health and x-ray on site and available to our patients. Contract Health Services and Business Office functions are housed in the Health Administration building beside us.

“We do have same-day open

access appointments built into our schedule, but we are not a walk-in clinic. These open access appointments are for established patients on a first-come-first-serve basis, we begin taking calls at 8:00 a.m. and they do go fast.”

What is the first step in becoming a West Clinic patient?

“All one needs to do if fill out a ‘New Patient’ intake packet. It can be found online at <http://www.potawatomi.org/services/health/clinics> or can be picked up at either our clinic or the CPN East Clinic near Tribal headquarters. Once we receive a complete packet our new patient scheduler will assist with scheduling.”

Citizen Potawatomi Nation operates two health clinics in the Shawnee, Okla. area. Services provided include primary medical care, Public Health services, CLIA compliant laboratory services, pharmacy, x-ray, focused care on diabetics and a cardiology clinic two times a month.

Additional services available include Audiology, Behavioral Health, Healthy Heart Program, Mammography, Physical Therapy, Optometry and Dentistry.

Clinics provide primary care services to eligible infants, children and adults. Urgent care is provided by exception and patients requiring emergency care are stabilized and transported to a nearby hospital emergency department. Patients requiring specialty care, ambulatory surgery or inpatient care are referred to other area providers with whom the Tribe has professional service agreements or contract.

If you would like to learn more information on the services, please visit www.potawatomi.org/services/health/clinics or call 405-273-5236. The West Clinic can be reached at 405-964-5770.



Keri Harjo.

To learn more about CPN health services, scan here:



Spring into fitness

By Sarah Lawrance, CPN Fitness Trainer

Spring is right around the corner and I have had several people asking questions about fitness. Here are some of those inquiries and my responses.

How do I start a fitness program?

Try to get moving every day. Whether it’s walking, running, swimming, strength training, sports, playing with the kids or whatever works for you. If you can do that you will get healthier and fitter over time.

How long will it take for me to get in shape?

It takes time. Any exercise

program that promises results in a week or even a month is either lying to you or is not worth it. If you have a drastic weight loss in a short amount of time, you will gain it back in a short amount of time because you haven’t changed your lifestyle or habits.

You will not see quick results if you get active, but you will see long-term results if you stick with it.

Is eating right as important as exercising?

What you eat is just as important as exercise. Make small changes over time to your diet. Drink more water instead of soda. Fresh fruits and vegetables will be more available because of the weather,

so try to add at least one fruit and vegetable to your daily meal.

If I have not been exercising, should I exercise every day?

Take it slow. Your body needs time to adapt to the exercise and if you overdo it you can injure yourself or experience a burnout. Neither is good if you are trying to stick with it long term. Progress gradually, in small steps, and you will stay injury free and see great long-term results.

I want to walk/jog a 5k, where do I begin?

There are a lot of different sites out there that will give you a day to day workout. One of the best is www.c25k.com.



Sarah Lawrance.



(Heritage Center continued...)

Once the floor is ready, staff will move the exhibit material out of the Long Room, lay carpet and repair the Veterans’ Wall of Honor by replacing the images of veterans and place uniform exhibit cases back on the walls.

A museum exhibit firm will help Heritage Center staff with the concept and development of new

exhibits. Heritage Center staff will do a great deal of the exhibit work themselves, as they did with the previous exhibits.

“We’ve selected a firm to help us step back and look at the big picture, examine our history and make the best use of our space and money,” said Mosteller. “The exhibits will likely have the same feel as the ones we were moving toward before the flood, which

was a series of individual vignettes that showcase the history and lifeways of the Potawatomi with graphics and interactive modules throughout.”

The construction of exhibits is expected to be ongoing during the 2015 Family Reunion Festival. FireLake Gifts, Mezodan Library, and CPN Tribal Rolls are open at this time. The Cultural Heritage Center is currently closed to the public.

Funding for FireLodge Youth and Family Services thanks to Vickie Canfield

A common theme in stories about the FireLodge Youth and Family Services’ staff features are the unique circumstances individuals face in their day-to-day work. While no pedestals exist in the hierarchy of Tribal employees, service providers operating under the umbrella of this department’s work fill a role that is almost unique amongst their contemporaries. Their ultimate purpose is to protect those who may not yet be adequately able to protect themselves. Though their staff backgrounds are often diverse, their uniting presence is as custodians for the Potawatomi’s most precious resources. The *Hownikan* spoke with Grants and Contracts Coordinator Vickie Canfield about her work in helping secure funding for such an important charge.

On where she’s from...

“I was born in Wichita, Kan., but I consider myself an ‘Okie since I’ve lived in my current home in Bowlegs for 40 years. It’s my own little piece of heaven. We raised three children there and I also am a proud grandmother of three.

“I graduated from Star Spencer High School and my first job out of high school was at Tinker Air Force Base, where I was a clerk-stenographer back in the days of shorthand. I was also responsible for classified military documents which required an FBI Secret Security clearance. I often wondered what my friends and neighbors thought when they got the phone calls questioning them about my background!”

On how she got to CPN from Tinker...

“I thought it was a lot of responsibility for someone my age to be handling classified documents about military movements. This was towards the end of the Vietnam era. It was truly an awesome job, but I quit after four years to start my family. If there was one thing I could do over in my life it would have been to return after my maternity leave and continue on with that federal job, but hindsight is great that way.

“I went to the Wewoka Hospital, a little 28 bed facility, and put in an application. Little did I know that this chance happening would lead to my career in the Health Information Management field which has spanned more than 35 years. In July 1997, I was working at the Oak Crest Hospital, which is the current CPN Administration building, when I received a call from our corporate office that the hospital was being sold to the Citizen Potawatomi Nation. After the purchase, I stayed on in an empty building for an additional two months to close out personnel as well as the medical record files.

“While I was packing up all the boxes one day, Bob Trousdale approached me and asked me if I wanted to go to work for the Tribe. I have been here now going into my eighteenth year. I jokingly tell people that I just came with the building.”

On her role with FireLodge Youth and Family Services...

“My official title is Grants and Contracts Coordinator and I assist with monitoring the grants in Indian Child Welfare, Tribal Youth Program, House of Hope Family Violence Program as well as the Tribal Court. I am constantly on the lookout for new grant

opportunities which would fit within these specific areas. I am available to assist with mandatory progress reports, ensuring we are meeting our goals, programmatically and financially, making sure we spend our money before the grant ends or request a no-cost extension. Self-Governance Director Rhonda Butcher taught me well. You never return money to the feds.

“My current position started out as a pilot project in 2013 because the Grants & Contracts Office needed additional personnel, but there was no office space. I actually work half-time for both FireLodge Youth and Family Services and Self-Governance as the liaison between the two departments. It is vital that we respond to the federal and state awarding agencies’ requirements when submitting progress reports, requesting modifications and finally closing out the grant in a successful way.”

On her day-to-day work...

“In order to seek out grant opportunities for these departments, I needed the knowledge of their day-to-day activities. So, I have had the opportunity to attend training events on Indian Child Welfare, Foster programs, domestic violence, and court related issues and have learned a great deal.

“Mine is a very challenging job full of deadlines, but I tend to work well under pressure, and I am motivated by learning new things. This job has been extremely satisfying to me. Working in the ICW environment, I have such a great respect for all of the staff who deal with the heartbreaking issues they do on a



Vickie Canfield.

daily basis. They are truly dedicated to their callings. I get to share some of the positive aspects of their work when I attend an adoption of one of their foster children who was removed from a drug-endangered environment and placed into a loving family.

“It’s those kinds of positives that keep everyone in this department motivated to continue to do what they do on a daily basis and I feel blessed to be here to be a witness to their awesome work. The

positives keep me motivated to find more funding so this good work can continue. My job is to help document the success stories, watch out for deadlines and keep the paperwork organized. Their jobs change lives on a daily basis. Between my work and theirs, I’ll choose my job any day. But, we each have our part to do and when we work together, we can make a lasting difference.”



Homeownership Opportunity CPNHA Acquisition Program

The Citizen Potawatomi Nation Housing Authority currently has two homes within its Acquisition inventory, for sale. We will offer a sizable mortgage buy down. These two homes are located in the Tecumseh City limits. To be eligible you must meet the following:

- Enrolled CPN tribal member
- Within the current HUD income limits per family size
- Credit worthiness is a must
- First National Bank & Trust, Shawnee, OK is the required lender
- Home must be primary residence
- At least 1% down of the total price must be own funds
- Free of any felony convictions, includes all household members

The One Time Grant can work with this program, if it has never been used .

Total household income must qualify at the time of application and at the time of closing of the home loan. For more information please contact Sherry Byers, Homeownership Manager, at (405) 273-2833 or sbyers@potawatomi.org.

Hownikan

1601 S. Gordon Cooper Drive, Shawnee, Oklahoma

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Questions: Toll-free 800-880-9880

Address changes should be sent to: Citizen Potawatomi Tribal Rolls,

1601 S. Gordon Cooper Drive, Shawnee, OK 74801.

Associate Justice Glenn Dale Carter Walks On



Glenn Dale Carter.

Editor's comment:

Citizen Potawatomi Nation lost a great advocate for law in Indian Country with the passing of longtime Associate Supreme Court Justice Glenn Dale Carter. Well-known throughout Pottawatomie and Logan counties in Oklahoma for his time in the courtroom as a justice of the peace, county attorney and district judge, Carter was also a member of the Supreme Court of the Citizen Potawatomi Nation. His experience in law and interest as it pertained to the unique circumstances in Indian Country will be greatly missed by the Citizen Potawatomi Nation. Here we have re-published an abbreviated article from the Feb. 12, 2015 Countywide and Sun newspaper telling of Judge Carter's life and passing.

A Pottawatomie County icon will be laid to rest tomorrow after an amazing lifetime of service to the community.

Retired District Judge Glenn Dale Carter died Monday night, Feb. 9, in Shawnee after a lengthy illness. Funeral services were at 2 p.m. Friday, Feb. 13, at First Christian Church in Shawnee. Visitation was held at Cooper Funeral Home in Tecumseh. Burial followed at Tecumseh Cemetery.

Carter, 78, was a lifelong resident of Tecumseh, the hometown he loved and served for decades. But his influence spread far beyond Tecumseh and Shawnee through his child advocacy efforts at the state level, where he was considered an expert in juvenile law and justice.

After serving as a justice of the peace during law school, Carter was a Pottawatomie County deputy sheriff. After he completed law school he became an assistant county attorney. When the county judicial system was restructured, he became associate district judge, serving in that capacity for 18 years. He was appointed

district judge in 1984, and then won three four-year terms unopposed. He drew an opponent in the county by at least 2-1 to win again. He retired in January of 2003, after 36 years on the bench.

He was probably the most admired — and feared — judge in county history. Known for his “rocket dockets,” he was on the job early and stayed late every day.

“Both the county and state have lost an icon in the state judiciary,” District Judge John Canavan said Tuesday. “No judge or person was a better friend and protector of the children of the state. Judge Carter worked tirelessly to promote justice and fairness in the courtroom and any attorney who appeared in front of him knew they had to be prepared and professional because that was the way they were going to be treated by the judge. Judge Carter set the standard that all judges strive for.”

CPN disburses LIHEAP funds to keep the heat on

Oklahoma has experienced a mild winter compared to other portions of the United States. For those who have been in a house with a broken heater while temperatures outside are in the 40s, mild can be a relative term.

Tribal assistance is there to help. CPN's Employment and Training Program is able to administer Low Income Home Energy Assistance funds to eligible applicants. Employment and training assists individuals in its service areas with employment opportunities, workforce training and related social services, one of which is LIHEAP funding.

“We negotiated with the State of Oklahoma to modify the formula for our share of funding. This was due to insufficient funds to fully meet the needs in our service area,” said CPN Employment and Training Assistant Director Margaret Zientek. “We successfully negotiated an increase in funding from approximately \$26,000 to \$132,000.”

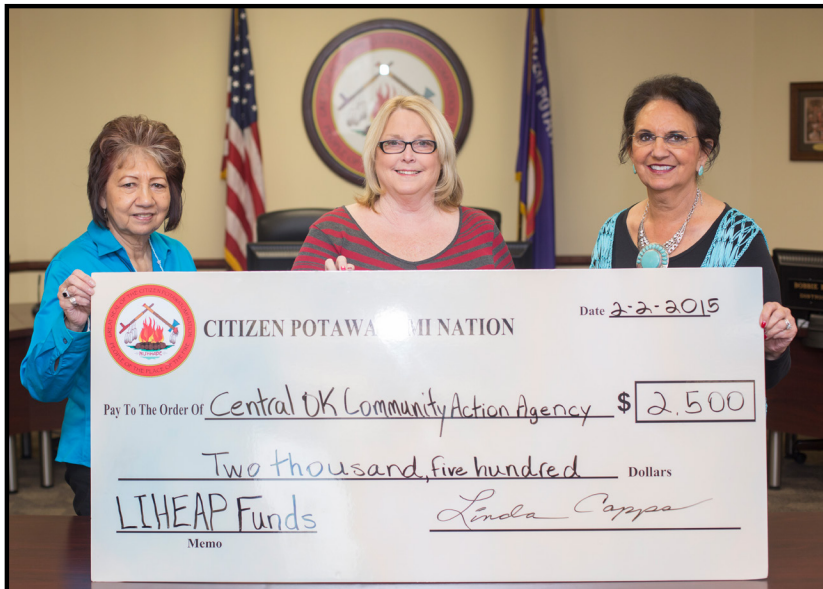
To be eligible for CPN LIHEAP, the applying household must have at least one person who is a

member of a federally recognized Tribe, meet income guidelines and reside within the department's service area. This area encompasses Pottawatomie, Lincoln, Payne and Cleveland counties as well as areas east of Post Road in Oklahoma County. The household must not have received LIHEAP funds from any other source such as DHS or one of the other area Tribes.

Using a formula factoring low-income, heating fuel type, number of bedrooms, household numbers and other special conditions, LIHEAP funds are distributed from Oct. 1, 2014 to April 10, 2015 for the winter season and June 29, 2015 to Sept. 30, 2015 for summer cooling.

All funds distributed are contingent upon a fully completed application and verification from other LIHEAP programs.

LIHEAP assistance isn't solely relegated to financial support though, with employment and training also providing physical heating and cooling units when available.



CPN Employment and Training Director Carol Clay Levi (left) and Vice-Chairman Capps (right) present Lisa Pendleton of the Central OK Community Action Agency with a \$2,500 check for LIHEAP funds.

“Additionally, we have purchased space heaters to provide temporary heat assistance. If available, we offer these to qualifying households for the temporary need. We do the same thing with window AC units. When the units are returned, we service them and return to storage until the next season,” said Zientek.

In the department's service area, LIHEAP funding can make a life changing difference for those in need. According to Zientek, employment and training customers are in many cases, patrons of Tribal housing, elder or child care services. Far from the unregulated handouts some government assistance critics

stereotype such services as, CPN Employment and Training staff ensure a number of Tribal, state, federal qualifiers are met before assistance is distributed.

Households receiving certain types of income are considered categorically eligible, with income from that source excluded. These excluded types of income include Social Security funds, veterans disability, child support, DHS-SNAP and commodities.

“We gather all income received in a household for the past 12 months,” said Zientek. “For example, a household of two, with combined countable income less than \$26,149 is eligible for this program. For a household of four, \$32,302 is the maximum.”

If you or someone you know may be in need of LIHEAP assistance or any of the other programs the Citizen Potawatomi Nation Employment and Training Department oversees, please visit <http://www.potawatomi.org/services/career> or call 405-598-0797.

CPN Housing Notice

The Citizen Potawatomi Nation's Housing Department is accepting applications for two OCI modular homes.

To qualify, you must be a CPN Tribal Elder (70 or older) who owns land inside the Tribal jurisdiction that qualifies for low-income housing assistance.

Contact Debra Wakole at dwakole@potawatomi.org or call 405-273-2833 or 800-880-9880 for more information.



Free Wills and Estates Clinic

at the
Citizen Potawatomi Courthouse

Shawnee, Oklahoma

Monday, May 11, 2015

OKLAHOMA INDIAN LEGAL SERVICES, INC.

Call 1-800-658-1497 for

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Oklahoma City, OK 73112
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GOVERNMENT

Nmebnegises / March 2015

People of the Fire

District 13 election Q&A with Bobbi Bowden and Samuel Navarre

Incumbent Bobbi Bowden



Bobbi with her family at the CPN Eagle Aviary.

In this year's only competitive legislative race, incumbent legislator Bobbi Bowden seeks to retain her seat in District 13 against challenger Samuel Navarre. Representative Bowden answered some questions about herself, her past work in service of the Tribe and some issues she would focus on in the upcoming legislative session should she win reelection.

Where are you from?

"I was born in Oklahoma City. When I was three years old my family moved to Choctaw, Okla., which is located approximately 25 miles east of Shawnee and our Tribal headquarters, and that is where I reside today."

What family are you from?

"I am a member of the Trombla Family."

What do you do for a living?

"After working in the real estate and title industry for over 20 years, I now have my own business doing interior design and coordination for home builders. I am also currently working on obtaining my license to sell real estate. I feel my business and real estate background bring a great deal to my position as a representative of the Tribe."

Were you raised in a traditional family?

"Growing up, my great-grandparents and my father made sure we knew that we are Potawatomi, but I did not grow up in a 'traditional Potawatomi home.'"

"This is one of the things I feel I am able to relate to other Tribal members on. Not knowing what to expect, or what to wear or what to do is a very intimidating feeling. In 2007 when I attended my first Family Reunion Festival, it might have been one of the most nervous times of my life."

"I learn something new all the time. Our elders and leaders have so much to teach us and are willing to help lead us in the right direction. I hope anyone with any questions will contact me without hesitation and I will do my very best to point them in the right direction to get the information they are looking for."

Why are you running for the District 13 legislative seat again?

"I am running for legislative representative of District 13 again because representing our Tribe is a very important part of my life. I would like to continue to serve and get information to Tribal members on the benefits the Tribe offers as well as continue to learn and pass on information on traditions."

"It is important for the future of our Tribe for us to continue to build our enterprises to insure benefits for the future of our Tribal members."

Why is the legislature important?

"The legislative branch is a very important part of our government. We do not always agree on each subject but we have a broad range of very intelligent people who are willing to listen and work together in the best interest of the Tribe so we will continue to prosper and grow economically and traditionally."

"I was elected to the five-person business committee in 2007. Since that time I have served the Tribe while we have created and implemented a new constitution as well as grow to a 16-member legislative body with representatives in each district."

(Cont. page 10)

Challenger Samuel Navarre



Sam at the 2013 Gathering of Potawatomi Nations held at the Pokagon Band.

In this year's legislative race, Samuel Navarre will be challenging incumbent Bobbi Bowden in District 13. Sam answered some questions about himself, his upcoming campaign and plans that he would focus on if successful.

Where are you from?

"Ahau, Sam Navarre ndezhnekas miné Whitebead, Okla. édayan, nesh je nekmukshena odé Oklahoma-kik wjebyan."

"Translated: I am Sam Navarre, from Whitebead, Okla., but all over this Oklahoma land I am from. I graduated high school in Pauls Valley, went to college in Chickasha and lived in Tecumseh and Bethel Acres while working for the Tribe. So for me, home is Indian Country."

What family are you from?

"As my name implies, I belong to the Navarre family of the Citizen Potawatomi. Our Potawatomi heritage comes from Kis-naw-kwé, daughter of the Great War leader Waubensee, who married Pierre Navarre, the first non-Native man to build a home among the Potawatomi of the St. Joseph's River Band in what is now called south Bend, Ind. He built this cabin for Kis-naw-kwé in 1820, the year their first child was born."

"This son was Monguago, also known as Peter Navarre, who married Ellen Pagé, an Odawa descendant of Pontiac. So I am Potawatomi and Odawa through my Native lineage, though I am also related to the Anderson family through a non-Native great-grandmother."

What do you do for a living?

"I work at Turner Falls Park as weekend facilities supervisor and build custom cedar boxes for feathers and regalia while working with my father during the week."

Did you grow up in a traditional family? If not, how did you reconnect with the Tribe?

"I did not grow up in what many would consider a traditionally Potawatomi home. My mom took me to church – when she could catch me – on Sundays, and I grew up with no (Potawatomi) language in my house."

"But when we would go to Harrah, Okla. to visit my dad's side of the family, my grandfather would insult us all in Potawatomi, though I didn't realize it at the time, and tell us stories about our ancestors. I always grew up being told I was Potawatomi, even before the rolls opened, and I have always been proud of this heritage."

"After graduating college with a Bachelor's Degree in Native American Studies, I decided the best way to reconnect with my people was to

work for Citizen Potawatomi Nation. In the eight years I worked for our Tribe, I held positions with departments like employment and training, Tribal Rolls and our language department. I even spent a little while as a key tech at the little casino."

"While the language department is the job I am most known for, helping kids find a job to better their future was the most rewarding, and my best work came in the Tribal Rolls Department. With a little hard work and a lot of arguing, we increased the number of students funded from less than 400 to more than 1,150 during my time there."

"I chose to work for the people as my way of reconnecting with the Tribe, and working there gave me an opportunity to help thousands of Potawatomi with hundreds of different situations. For that, I will always be grateful."

Why are you running for District 13?

"I still receive phone calls on an almost daily basis for help with genealogy, language and available services. You name it and I've talked with someone about it."

"But I know I do not have the resources available to do the greatest amount of help. That's why I've chosen to run for office. This year, I chose District 13 for my campaign. I have helped most of the legislators at one time or another with cultural knowledge for them to share at their regional meetings while I was an employee and have nothing but respect for each of them personally."

"My decision to run was not based on 'who to run against.' It was based on 'how can I help my people?'"

(Cont. page 10)



Bozho,

At our January CPN Veterans meeting, we elected our new officers, or should I say, re-elected our "new" officers.

I, Daryl Talbot, was re-elected commander for another three years. Bill Wano was re-elected as secretary and David Barrett was re-elected our treasurer. Both have done an outstanding job in the past and I believe will continue to do so. They have

been my right arm in keeping the CPN Veterans Organization going.

On another note, we are finalizing our Vietnam Banquet plans and I'm including important information in this report.

The Vietnam Veterans banquet is to honor Citizen Potawatomi Nation men and women who served in the U.S. Armed Forces

from Aug. 5, 1964 to May 7, 1975. Those interested in attending should contact CPN veterans Organization no later than July 15, 2015.

CPN Veterans Organization
1601 Gordon Cooper Drive
Shawnee, OK 74801
Phone: 405-964-4894

See the accompanying ad for more information and feel free to contact us if you have questions.

Remember the CPN Veterans Organization meets every month on the fourth Tuesday at 6 p.m. (or as soon as you can get there) in the North Reunion Hall on the Potawatomi Powwow Grounds. All CPN veterans and their families are welcome. A meal is provided.

Migwetch!

Daryl Talbot, Commander
CPN Veterans Organization

VIETNAM ERA VETERANS BANQUET

Sept. 26, 2015 at FireLake Arena, 5 p.m. CST
18145 Rangeline Road, Shawnee, Oklahoma 74801

All CPN Veterans from the Vietnam Era (Aug. 5, 1964 – May 7, 1975) are cordially invited to attend. Vietnam era veterans and one guest are free to attend, extra guests can purchase tickets for \$10. Potawatomi Veterans of any era are also invited to attend.

RSVPs must be received no later than July 15, 2015!

Payment must accompany RSVP.

Contact the CPN Veterans Organization for any questions.
Main phone number : 405-964-4894

Commander Daryl Talbot • talbotok@sbcglobal.net
Treasurer David Joe Barrett • dbarrett@potawatomi.org

The CPN Veterans Organization
has a new phone number.

Call 405-964-4894 to get in touch with
Tribal veterans representatives.

FireLodge Youth update: March 2015

By Darin Greene, Coordinator of FireLodge Tribal Youth and P.L.A.C.E.

February at the FireLodge Tribal Youth Program the P.L.A.C.E. was a busy time. The youth celebrated Black History Month, Healthy Heart Month, learned about teen dating violence prevention and worked some time in for Valentine’s Day.

For Black History Month, staff focused on instruction teaching the youth about famous African Americans like Dr. Martin Luther King Jr., Rosa Parks and Booker T. Washington. The youth had a good time learning new facts and doing a word find.

They also celebrated Fat Tuesday with a little celebration accompanied by some famous New Orleans music. We even tied our monthly cooking classes into the Mardi Gras celebrations with a shrimp boil for Fat Tuesday.

In February the Kaboom Imagination Playground-in-a-Cart arrived. The playground-in-a-cart was donated by Kaboom and Blue Cross and Blue Shield of Oklahoma. The imagination playground offers children the

opportunity for open-minded free play. The youth have made a fort, a race car and a king’s throne. The Tribal youth are excited to have this new program. It provides them a time to relax and build things.

Healthy Heart Month started off at the P.L.A.C.E. with our staff offering heart-healthy snacks. It wasn’t the student’s favorite snack time, but it worked out. The Tribal youth members continued to walk a mile a day to keep up with their 100-mile program, which promotes a healthy heart and lifestyle. It wasn’t all physical though, as students competed in a poster contest focusing on healthy heart. We also watched some films, as down time seeing “Uncle Buck”, “Cool Runnings” and “What About Bob” provided some therapeutic levity during a busy February.


The House of Hope domestic violence prevention program’s Amanda Chapman also taught a four week class on dating violence prevention. While we know it is not a pleasant topic to cover, its impact is vitally important in teaching our youth as they grow older and face new circumstances.


The youth were also challenged to

come up with a t-shirt design for Students Against Violence Everywhere. The winner will have their design put on a t-shirt that will be worn by all of our Tribal youth staff and students. This will provide us with something to wear as we enter March, which is National Students against Violence Month.

If you have a Tribal youth that would be interested in our FireLodge Tribal Youth or P.L.A.C.E. programs, please call us at 405-214-5110 or email me at dgreene@potawatomi.org.

Read more about the Tribal youth programs here:





FireLodge Tribal Youth's Harley Sample (left) and Wanblee Donahue use the imagination playground at the P.L.A.C.E.



Bobbi Bowden receives her Potawatomi name from Chairman Barrett.

(Bowden continued...)

“Our enterprises continue to grow and prosper which has allowed us to build and open our eagle aviary, expand the dental clinic, open the West Health Clinic, expand the date of those eligible for the Health Aid Program, as well as increasing scholarships to name a few things.

“In order for us to procure and expand the benefits we are blessed to provide as members our enterprises must continue to expand and be successful.”

What are some issues you’ll focus on if re-elected?

“I would like to see additional housing and care provided for our elders. Expand the meal delivery service outside of the Shawnee area as well as provide additional transportation to our elders as needed. I am very proud of the educational opportunities we are able to offer our Tribal members. I would like to see that continue to increase.

“If I am fortunate enough to be re-

elected and continue to serve our Nation I will do my very best to get the information on services and benefits out to our members as well as share any and all information I learn on traditions. I will always listen to members on concerns and do my best to get answers for any questions you might have. I will continue to ask questions, I will continue to learn and share my experiences in the hopes of getting more of our members involved in traditions as well as benefit from the services we are able to provide.”



Kayaking along the Washita River in Garvin County.

that directly improve the lives of Natives.

“For example, if you are studying to be a nurse, become a diabetes technician working for an Indian Health Service facility and the Tribe will help with a one time, interest free loan for your graduate studies to become a doctor.

“I would like to see the Tribe develop cultural studies programs to help our members across the country as well as at home. One weekend a year is not all it takes to learn your culture. Some folks like to celebrate their heritage every day, and it would be easy to create this for the people.

“The second thing I am passionate about is health benefits for Tribal members born with physical and mental handicaps and their families. The number one responsibility of any leader is to take care of those who need help the most. No one asks to be born with a handicap, and in addition to that, the cost of the needs of these kids is unending. Surely we can allocate funding to help these families who need it the most.”

Is there anything else you would like to add?

My goal as legislator would be to improve the communication between our government and the people in order to make us a stronger and more knowledgeable Tribe. I will work for the people.

Why is the legislature important?

“The legislator position is important because we now have a representative-styled government. Ideally, the legislator listens to the needs and concerns of the people they represent and go to council to speak for those people who cannot be there. However, our Tribe’s employees handle a large amount of those basic needs and concerns in their daily work. So what the legislator position has become is the person responsible for reporting back to the people what decisions are being made by the Tribal government and how these decisions will benefit us all. I can’t say that’s the way it is working, I’m just saying that’s the way I would handle the responsibility.”

What are some specific issues you’ll work on if elected?

“I have several ideas to introduce new services or improve on current ones, but the two I hold most dear to my heart are elevated educational assistance to students seeking degrees

“We all know that in the world today, you must play the white man’s game if you want to win at it. I can play that game, but I choose to live as Neshnabé. Every day I walk into the world, I walk into a Potawatomi world.

“Our government needs a Native influence; it needs someone to keep us tied to our culture while making improvements as we try to advance in this white man’s game world. In my years as an employee, I fought for everything I could to encourage more Native inspired ideas and practices. If a time comes when we have no respect for Native thought and no memory of the importance of Native tradition in the minds of our positions of leadership, how much longer until everything we are that is Native is no longer respected and forgotten?


“Keep those fires burning and vote for what you want for our future.”

Oklahoma Indian Legal Services, Inc. (OILS) will be offering its Court Facilitation services at the CPN Tribal Court.

The Paralegal will be on-site to offer assistance to the enrolled Tribal members who meet our income qualifications in only civil matters. The court facilitator will prepare legal documents, (Petitions, Motions, Decrees, Orders), to help members in understanding the judicial process, directing them to outside organizations for further assistance, referrals to our office for preparation of wills or for further legal advice. However, if the litigant is involved in litigation where (OILS) is representing the adverse party, our services cannot be provided due to a conflict of interest.

Oklahoma Indian Legal Services will provide this service located in the Courtroom on the 2nd Thursday of each month, from 1:00pm – 4:00pm.

Oklahoma Indian Legal Services, Inc. 405-943-6457
4200 Perimeter Center Drive, Suite 22: 800-658-1497
Oklahoma City, OK 73112 405-917-7060 (FAX)
www.oilsonline.org



Chairman – John Barrett



Read more about the CPN Constitutional Reform Project here:



Bozho Nikan,

It is hard to believe we are already a quarter of the way through 2015. Just around the corner we'll be at Family Festival, and with that grand event comes Tribal elections. This year, three legislative offices in Oklahoma are on the ballot. District 10's David Barrett and District 11's Lisa Kraft drew no challengers, meaning they will serve another four year term in our Tribal legislature. I look forward to working with them for another term.

District 13 will be the only competitive race, with incumbent Bobbi Bowden running against challenger Samuel Navarre. Also on the ballot is our annual Tribal budget, which I encourage all members from across the country to vote on. Participation is vital in our elections, and for many of us in the Tribal leadership, we speak from experience.

I have been involved in our Tribal government for a few decades now. When I began, we were still required to have Bureau of Indian Affairs officials to attend our meetings. In

our old committee system, the main governmental decisions were taken by the elected business committee and protests to those decisions were ruled on by the grievance committee.

These forms of government, for all their flaws, were vital in putting our Nation on the road to the prosperity we enjoy today.

By the early years of this new century though, it became clear to many of us in Tribal leadership positions that a contemporary form of government was required to match our economic and commercial growth as a Tribe. I, along with the other representatives of our Tribe at the time, worked long and hard in just creating such a government.

Through the Citizen Potawatomi Nation's Constitutional Reform Project, we framed our new government to address three challenges. First, with our growth in Tribal membership, there was a gap in participation and identity to those members living outside of our immediate Tribal headquarters

vicinity. We also sought to decentralize our governmental structure to include representatives outside of that same vicinity, bringing input from all corners of the U.S. where our members lived. Finally the constitutional reform project removed the legacy of federal manipulation and paternalism that included veto authority on some Tribal governmental decisions.

The new CPN Constitution expanded the Tribe's legislative body to provide representatives to our members across the U.S., regardless of their location. It also clearly defined the separation of our powers as branches of government through the executive, legislative and judicial branches.

In short, after years of subjugation interference from external forces, CPN was finally able to go its own way as a Tribal government of a sovereign people. That new constitution was ratified by 82 percent of our voters on August 16, 2007. It has played a huge part in our success as a job creator, economic engine and service provider for our 32,000

members and numerous neighbors and partners.

We have representatives apportioned by population, each elected legislator outside of Oklahoma representing roughly 2,000 CPN members in their respective districts. A supreme court made up of lawyers, judges and legal experts is a branch unto itself, ruling on disputes and providing interpretations sometimes required in the process of governance. Our highest two executive offices, chairman and vice-chairman, are full time positions charged with overseeing the day-to-day business of the Tribe.

Looking at CPN today, just seven years removed from that reform, it is clear to me that we made the correct decision.

Thank you for the privilege of serving as Tribal Chairman of this great Nation.

Migwetch,
John Rocky Barrett/Keweoge
(He leads them home)

Vice-Chairman – Linda Capps



Recently I shared my account of the Nation's "coming out of the dark" story with several CPN directors. Countless people have heard this anecdote, but it was not until the first of this year that I realized I have never conveyed the story to our Tribal membership.

The story begins when my husband and I moved to the Tecumseh-Shawnee area in 1977. We moved from Kingfisher County, Okla. to accept teaching jobs for the Tecumseh Public School system. We purchased a home near the CPN headquarters on Rangeline Road.

It is not a stretch to say that in 1977 the headquarters area of CPN was almost in the dark. Prior to 1996, our Tribe's official name was the Citizen Band Potawatomi Tribe of Oklahoma. As for outside lighting in the area, there were lights at the old Mission Hill Hospital. The two buildings that housed the Tribal offices, museum and police department constructed in 1976 also had outside lights. (For those who do not know, the two

buildings were replaced with our Cultural Heritage Center in 2006).

There was rather dim lighting at the powwow grounds, but the lights were only turned on during events. Of course, I must also mention Hardesty's Store at the northwest corner of Hardesty Road and Gordon Cooper Drive; the lighting there was minimal because the store was not opened in the evening.

The heavily traveled Gordon Cooper Drive between Tecumseh and Shawnee on was long and dark during the evening hours. The darkest of all was Hardesty Road between Highway 177 and South Rock Creek Road, a road that my family traveled extensively because our children attended South Rock Creek School.

I now come to the good part of my story. Slowly our Nation began to physically grow, and with each new building, much needed outdoor lighting was added. FireLake Golf Course opened for business in 1983 and shed further light on the area. The high stakes bingo construction in 1984 brought considerably more illumination to the parking lot and the conversion to the bowling center in 1996 added to this as well.

The new CPN Administration building opened in 1998 and expanded outdoor lighting to the existing building. FireLake Discount Foods really brightened the area with additional lights in 2001. The 2003 extension of the original bingo hall resulted in more parking lights and beautiful diamond lights on the face of what is known today as FireLake Entertainment Center.

With all the new outdoor lighting added between 1977 and 2003, the headquarters area reflected much-needed welcomed illumination in the evening hours. As the CPN's construction mode continued, more night lighting was added to the area, though the best was yet to come!

The Nation experienced what I truly considered "coming out of the dark" in 2005 when a contract was negotiated with Oklahoma Gas & Electric Co. to install street lights on the main roads through the CPN community. Forty lights were installed on Gordon Cooper Drive from Benson Park Road to Farrall Street in Shawnee. In addition, 27 lights were erected on Hardesty Road

from the intersection at Gordon Cooper Drive all the way to Highway 177. What a grand day (or night) it was when all the street lights were turned on for the first time!

I told this story to the Shawnee City Commission in January at our deannexation hearing, noting that CPN, not the city paid for the lights on what the municipal government knows is its own street. I don't know many other businesses in town that have had to negotiate their own contracts with OG&E to get streetlights put on busy thoroughfares.

That said, the rest of the story that has developed since 2005 will continue to be a great one! It is my fervent wish

that our people never minimize the importance of that spring of 2005, when our Nation's headquarters began displaying 67 huge, bright street lights in the area each night.

This story shines brighter than those lights. It is an indication that our Nation is concerned about the safety of the people who live, visit and drive through the vicinity of our headquarters, regardless of who they are or where they are from.

I appreciate the opportunity to share this evolution about how the Citizen Potawatomi Nation "came out of the dark."



The CPN-funded streetlights along Hardesty Road looking east towards Gordon Cooper Drive.

GRAND EVENT CENTER

MAR 14



VANILLA ICE

MAR 20



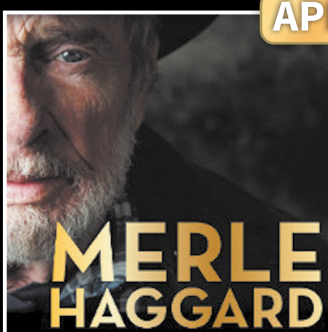
CHASE SANFORD BAND

MAR 27



KANSAS WITH BLUE OYSTER CULT

APR 3



MERLE HAGGARD

FIRELAKE
ARENA

RAGE IN THE CAGE 35
RUMBLE
AT THE FIRELAKE ARENA

JARROD "THE WILD CARD" CARD vs CODY CARRILLO
LAMONT "KO-KID" STAFFORD vs DAVID "THE HIT MAN" KNIGHT

OTHER FIGHTERS INCLUDE
JEREMY JONES • JON HILL • JOE BLURTON • LEVI QUEEN

SATURDAY MARCH 7

FOR TICKETS CALL 405.273.1637
OR VISIT WWW.CPNBOXOFFICE.COM
WWW.GRANDBOXOFFICE.COM



District 1 – Roy Slavin



Bozho nikakek!

Dates to remember:

March 21, 2015
You should have received an invitation to “Dancing for my Tribe” at the Trickster Art Gallery in Schuamburg, Ill. This is an exhibit of CPN member Sharon Hoogstraten’s work portraying the evolution of our ancestral garb as interpreted by descendants who live in a world of sewing machines, duct tape, plastics, hair-dos, manicures, favorite sports teams and service to their country. Our children will see this striking symbolism and techniques of our

times just as we look back in wonder at the dress of the people who lived before us. Lunch will be served by a Native American catering service. Space is limited so please RSVP as early as possible. (The Trickster art gallery is the only Native American-owned and operated art gallery in Illinois.) Hope to see you there.

May 2, 2015
District 1 is joining with Jon Boursaw and District 4 for an area meeting at the Loretto Indian Center of the Great Plains. I spoke of the Loretto in a previous article. The building, in its previous life, was a Catholic girls’ school that has been completely

refurbished, and is now home of the American Indian Center of the Great Plains. It is located at 1111 W 39th Street, Kansas City, MO. The Loretto also has a beautiful chapel that is rapidly becoming a favorite place for weddings. Come join us for an informative meeting and lunch. The meeting is from 10 a.m. to 3 p.m. We will honor the youngest, wisest, and member who traveled the farthest.

As always, I will close this article with a plea for your contact information. Due to privacy issues the Nation cannot provide me with that information. If you have never received email or regular mail from

me it is because I do not have your information. I may be reached at 816-741-5767 or toll free at 888-741-5767. My office is at 6730 Tower drive, Kansas City, MO. Hours are Tuesday 1:30 - 3:30 p.m., Thursday 10:00 a.m. - 12:00 noon and by appointment any time day or evening.

Migwetch,
Roy Slavin/*Netagtege*
(Always Planting)
P.O. Box 901873
Kansas City, MO 64190

Toll free: 888-741-5767
RSlavin@potawatomi.org

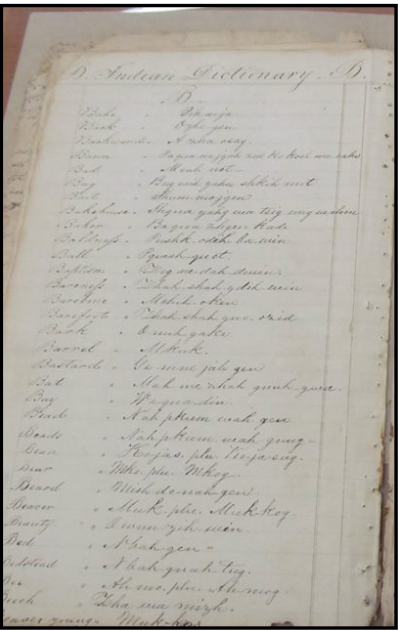
District 2 – Eva Marie Carney



Bozho nikakek!

It’s been an incredible February and the next months should be just as chock-full of Potawatomi-focused events.

1. In what was a jam-packed and lucky Feb. 13, a group of us got to spend the morning paging through Joseph Napoleon Bourassa’s Potawatomi-English Dictionary from 1843, which is held in the National Anthropologic Archives in Suitland, Md. It is a moving document, written in a beautiful hand by an educated linguist. He describes in a foreword to the document and then reflects in the dictionary’s pages the musicality and beauty of our language. Peggy Hancock Kinder of Missouri located the dictionary through her research into Mr. Bourassa, her third great-grandfather. We are working on obtaining a digital copy for the Cultural Heritage Center.



Joseph Napoleon Bourassa’s Potawatomi-English Dictionary.

2. That afternoon we joined forces with more Potawatomis to visit the Archives of the National Museum of the American Indian, known as NMAI, also in Suitland, to view gorgeous beadwork, clothing, and ornamentation, as well as household tools, bows and arrows, and other objects crafted by our people and held in the collection. We also were invited back to the archives stacks to view more Potawatomi objects and to visit with other Native nations’ representative art and objects. A comprehensive photo tour of our day is available here (you do not have to be a Facebook member to access the photos by copying this link into your browser) <http://tinyurl.com/D2VisitNMAI>.

3. February 14 started with a trip to the NMAI itself where we viewed the Treaties Exhibit, among others. A frame-by-frame tour of the portion of that exhibit that covers the Potawatomi treaties and the Trail of Death is available here: <http://tinyurl.com/D2TreatyVisit>. The originals of two of our treaties will be displayed as part of the exhibit for short periods (they otherwise are kept in a safe and out of the light, so as to preserve them); the first will be show in 2016. I will be organizing trips to the museum and a group lunch there for Potawatomi interested in viewing the treaties together – please look for more details in future columns and on my website. In the meantime, copies of these 1809 and 1836 treaties, with transcriptions, are available at <http://americanindian.si.edu/nationtonation/>.

4. That same afternoon, I hosted a regalia-making and beading instruction class at the District 2 office. Peggy Kinder, assisted by Theresa Adame (Kansas), taught four different beading techniques. We had a great time at our “Thread Party” as our 6-year-old attendee Brent named it. The Facebook photos linked in point two above include photos from both the museum tour and the “Thread Party.” Igwien (heartfelt thanks) to Peggy and Theresa for their instruction; we had several generations and families learning together. One teenager completed his pucker-top elk moccasins, and made good headway on his edge beading in just the one afternoon.

Next up are the following:

1. The District 2 meeting in Little Rock, Ark. on Sat., March 21, from



Our tour group at NMAI included Tribal members from Florida, Kansas, Maryland, Missouri, Ohio, and Virginia.



Peggy and the Pearces at the "Thread Party."

10:30 a.m. - 2 p.m. CDT. Please RSVP today (our count so far is low and I “hear” we have many Potawatomi in and around Little Rock). We will meet in the Parish Hall of the Trinity Episcopal Cathedral, 310 W. 17th St. in Little Rock.

All Citizen Potawatomi and their families are invited to attend and share Potawatomi traditions, family histories and stories and Legislative updates. Little Rock CPN citizen Dixie Quinn is helping with the planning. Lunch will be served and please bring items of your family history, photographs, etc. to share. **Full details for this event and all District 2 events are posted under the “Calendar” tab on www.evamariecarney.com.**

2. Please work on pulling together your entry for our sixth annual District 2 Contest. Send by mail or email a favorite Potawatomi-related story – whether passed down in your Potawatomi family or one you come up with yourself. Try to limit yourself to 300 words. Entries are welcome from outside District 2. I will print several of the entries in upcoming columns and even put together a small book of them if I get enough (and will send all entrants a copy). There will be random drawings for three terrific prizes – a 16" x 20" George Winter "Ten Potawatomi Chiefs" framed premium canvas print, the beautiful art book, *Woody Crumbo*, published by the Gilcrease Museum in 2012, and the book *A Thousand Years of American Indian Storytelling*, published in 1981 by the Indian Historian Press. The contest deadline is April 15, 2015.

25, and another meeting I will host in the Atlanta area, most likely in May. If I do not have your current email address and the Tribe does not have your current mailing address, please update those so you will get timely notice of these upcoming meetings! You can contact me through the numbers or email below, and call Tribal Rolls to update your mailing address at 800-880-9880 (the general CPN toll-free number).

4. Please make plans to attend our Family Reunion Festival in Shawnee from June 26-28, 2015. Honored families are Acton, Bergeron, Curley, Delonais, Greemore, Levier, Negahnquet, and Pambogo. We are awaiting schedule information from this year’s Gathering of the Potawatomi Nations hosts, the Forest County Potawatomi (Wisconsin), but please make your calendars for Aug. 7-9, 2015 (tentative dates), and note that the

language and Tribal leadership conferences will take place earlier in the week. If you have any questions about what to expect at these events I will be happy to answer them – you will have a great, meaningful time – guaranteed!

Thank you for the honor of representing you.
Eva Marie Carney/*Ojindiskwe* (Bluebirdwoman)

Legislator, District #2
The Portrait Building, Suite 340
701 8th Street, NW,
Washington, DC 20001

Toll Free: 866-961-6988
Email: ecarney@potawatomi.org
Website: evamariecarney.com

Citizen Potawatomi and family members are invited

Come share Potawatomi cultural traditions, family stories and a good lunch. CPN District 2 Legislator Eva Marie Carney will provide an update on Tribal business.

MARCH 21ST • 10:30AM TO 2PM

In the Parish Hall of the Trinity Episcopal Cathedral
310 West 17th Street, Little Rock, AR 72206
(501) 372-0294 • www.trinitylittlerock.org

RSVP by March 10th to ecarney@potawatomi.org or leave a message with your contact details and names of attendees on the District 2 CPN voicemail number, toll free 1 (866) 961-6988.



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District 3 – Bob Whistler



Bozho,

Since my last column, I was able to attend a town hall session, hosted by the National Council of Urban Indian Health, for more current information on the Affordable Care Act. I received the notification about a week before the meeting in Dallas. Several weeks later, I was notified that a second meeting was to be held on Thursday evening that same week. For each meeting, I sent a copy of the notice to everyone whose email address was in my address book. At times, as legislators, we find ourselves with information that may be beneficial to you, but we aren’t able to advise you of it because we lack a way to reach you other than via the *Hownikan*. In

this instance, time didn’t allow for that to happen. I don’t send many emails out, but if I don’t have an email address for you, and you would like me to include you in the future, please send me your contact information.

One thing that we were alerted to by the Urban Indian Health group is that, even if you presently have insurance coverage, you never know what the future holds. Sometime in the future you may have a life change, and no longer have medical insurance. Because of that, all Native Americans should file the exemption form unless they are on Medicare or Medicaid. Once you file and get your exemption, you are given a lifetime number and you never need to re-file. You simply advise the IRS of your exemption number (should there be an inquiry) if you find yourself with no insurance and don’t want to face a potential tax penalty. You would include the exemption number when you file your annual federal tax return.

To get the exemption form, you may call 800-318-2596 and ask for form OMB No. 0938-1190, and also the IRS exemption form 8965. IRS form 8965 is 12 pages of instructions before you get to the actual form. OMB No. 0938-1190 is basically 3

pages long and, by far, much easier to use. Either form is acceptable for filing for your exemption number.

For anyone in the Dallas area who doesn’t have health insurance and needs help with the forms, there are a variety of locations with personnel to assist you. Here are a number of those locations:

Parkland Health & Hospital
5201 Harry Hines, Dallas
Monday-Friday: 7am-5pm
214-590-4900

Community Council of Dallas
1341 W. Mockingbird Ln, Dallas
Monday-Friday: 9am-5pm
214-650-7724

Planned Parenthood of Texas
7424 Greenville Ave, Dallas
By appointment only
214-302-8386

City Square Agency
409 N. Haskell, Dallas
Tuesday-Thursday: 9am-5pm
214-828-2696

Childrens Medical Center
1935 Medical District, Dallas
By appointment only
214-456-0231 or 972-953-9394

Foremost Family Health Ctr.
3515 Shepherd Lane, Balch Springs
Monday-Friday: 9am-5pm
214-426-3645

Alternate location:
2922-B Martin Luther King, Dallas
Monday-Friday: 9am-5pm
972-588-4532

Mission East Dallas
2914 Oates Drive, Dallas
Monday-Friday: 8am-5pm
972-682-8917

Los Barrios Unidos Comm Clinic
809 Singleton Blvd., Dallas
Monday-Friday: 7am-5pm
Saturday: 8am-4pm
214-540-0300

I don’t have any addresses or information for these type facilities in any other place in the state. You may try calling 800-318-2596 or go to www.healthcare.gov/Tribal to see if there are listings for assistance in other areas.

The National Council of Urban Indian Health is located in Washington D.C. Websites for them, and others with information you might find helpful, are:

www.urbanindianhealth.org

www.Tribalhealthcare.org

www.nihb.org

Useful phone numbers are: 202-544-0344 and 202-507-4070

I know that I have covered this area several times. But with tax time just another month away, and potential issues if you don’t have insurance and are a member of an Indian nation, I felt this last bit of information might help some of our members.

In closing for this month, I want to thank you for the honor of serving you as your representative. I am very proud of that honor and am here to help you if you find there is an area where my help or advice is needed. I am just a phone call or email away. Please feel free to contact me.

Bama pi,
Bob Whistler/*Bmashi* (He soars)

Citizen Potawatomi Nation
112 Bedford Road
Bedford, TX 76022

Office: 817-282-0868
Home: 817-545-1507
Cell: 817-229-6271

RWhistler@potawatomi.org
CPN3Legislator@yahoo.com

District 4 – Jon Boursaw



Reminder of joint district meeting Sat., May 2, 2015: Just a reminder for CPN members in the Greater Kansas City area and the eastern portion of Kansas that I will be co-hosting a joint district meeting with Roy Slavin, representative for

District 1 on Sat., May 2 at 10:00 a.m. The meeting will be held at the American Indian Center of the Great Plains in The Loretto, located at 1111 West 39th St, Kansas City, MO.

Ample parking is located behind the Loretto and is accessed from the street on the east side of the property, and then follow signs for event parking. Any CPN member may attend this meeting. We would like to hear about your family histories. If you have old family pictures that you would like to share, please bring them to the meeting. Remember to RSVP if you plan to attend – it is important that you do so.

Willard Bridge over the Kansas River to be replaced: Approval has been given by the Shawnee (Kan.) County Commissioner to proceed with plans to replace the Willard

Bridge, which spans the Kansas River between Willard and Rossville. Some of you may recall that for the past two years, I have been part of a committee that would like to see a heritage park constructed adjacent to the new bridge. This committee is comprised of individuals from the nearby communities, the two counties involved and the State Parks Commission.

For those of you not familiar with the area, Willard on the south side of the river is located very close to the site of the early settlement called Uniontown where hundreds of Potawatomi settled after being removed from the Sugar Creek reservation in 1846. Uniontown was later abandoned after a cholera epidemic. The bridge crosses the Kansas River near where several

Potawatomi members operated ferries carrying travelers on the Oregon and California trails across the river.

It is proposed that the park will contain signage commemorating the historic significance of the area. Heritage aspects to be commemorated within the design include the pre-territorial settlement of Uniontown, the occupation of the area by the Potawatomi Nation, and military, Oregon and California trails crossings. Plans for the park include a boat ramp for canoes and kayaks. I will keep you updated as we progress with the planning and development of the park.

Surgery: By the time you receive this issue, I will have fully recovered from my surgery and be back in the Topeka office as before. Stop by, the

coffee pot is usually on.

Finally, it is a pleasure to serve as your legislative representative.

Migwetch,
Jon Boursaw, *Wetase Mkoh*

CPN District 4 Legislative Representative

2007 SW Gage Blvd
Topeka, KS 66604
jon.boursaw@potawatomi.org
(C) 785-608-1982
(O) 785-861-7272

Office Hours:
Tuesday 9-11 a.m.
Thursday 3-5 p.m.
Other Times-Please Call

District 5 – Gene Lambert



Hurray! Spring has sprung and the Easter Bunny is on his way to the Citizen Potawatomi Nation’s District 5 Arizona residents.

This year we are going to visit the Rockin’ R Ranch and old west town at 6136 E. Baseline Road, Mesa, Ariz. 85206. You can log into www.rockinr.net and see the experience before you get there.

I’ve included the invitation with my column here and a mailed version will be arriving soon. You will need to get the RSVP as soon as you

receive your invitation. Let Tribal Rolls and I know if you have a change of address so you are sure to get the invitation. The more members we have in attendance the more opportunities we will experience.

Please do not contact the meeting site!

We will need to track the numbers...so as always let Jamie Moucka, Chairman Barrett’s Administrative Assistant (800-880-9880), keep record of all who plan to attend. All the information will be in your invitation.

We can pan for gold, grind Indian corn in a teepee and enjoy a down-home western meal. There’s plenty of parking for all.

There will be an Easter Egg hunt for the children drawings and more.

I want to hear all your Indian jokes this year. Look one up, write one, or send it to me and we can enjoy the lighter side of life and hear all the good news from Shawnee.

Make it a family affair for Saturday (as requested by many of you) April 4, 2015 from 10:00 a.m. to 3:00 p.m.

Call your family members and bring them along. It will be a great day.

As always, I am looking forward to seeing you all. If you would like to contact me personally with questions, I can be reached at 480-228-6569.

See you all there.

Gene Lambert (Eunice Imogene Lambert)

District 5 Representative
8830 E Germann Road
Bldg 27, Suite 8

Mesa, AZ 85212

Office: 480-668-0509
Cell: 480-228-6569

Website: citizenpotawatominatondistrict05.com



JOIN US!

For the District 5 Meeting

SATURDAY, APRIL 4, 2015

10 AM - 3 PM

ROCKIN’ R RANCH

6136 E. BASELINE, MESA, AZ 85206

RSVP to Jamie Moucka at Jmoucka@potawatomi.org or 1-800-880-9880 no later than March 31.

Visit the language department online for tools and language help! www.potawatomi.org/lang

Bama mine: Later again	Bozho Nikanek: Hello friends	Egwien: Heartfelt thanks	Mno waben: Good morning
Bama pi: Later on	Bozho Nikan: Hello friend	Migwetch: Thank you	Ni je na?: How are you?
Bodewadmi ndaw: I am Potawatomi	Cho/Konege: No/Yes	Megwa ne?: More?	Ni je ezhewebek?: What's happening?
	Cho gego: Nothing	Mno gishget: Good/nice day	

Get the *Hownikan* via email!

If you would like your newspaper via email, please email your name and address to hownikan@potawatomi.org and let us know.

District 6 – Rande K. Payne



Ahau Jayek,

Have you ever tried to imagine what the relationship between our earliest ancestors and God looked like? For the last several years it has been on my mind, and to my disappointment only led to more questions than answers. As a Christian, the obvious question for me is the matter of eternal life. New Testament scripture proclaims that Jesus Christ is the way, the truth and the life indicating that only through genuine faith in Christ can we have a relationship with God and be allowed into the Kingdom of Heaven. Old Testament scripture sheds light on who God was to the Tribes of Israel. But what about the indigenous peoples of the North American continent prior to the introduction of Christianity? What did their spirituality look like?

It doesn’t take long for the questions to lead in a multitude of directions and complexity. Clearly the migration

of Europeans to “Turtle Island” dramatically changed life for our ancestors of that era, and for subsequent generations to the present time. For many Native Americans the struggle to adapt to the changes continues today. Traditional culture has lost meaning and significance, or is gone completely due to pressure to abandon it, leaving many with a sense of loss and hopelessness. The old ways are gone or faded and they can’t seem to fit into the new ways. The perspective for most is that there are two worlds now, and they either have to choose which one to walk in or try to walk in both. Most attempting the latter find themselves fitting into neither one.

Some studies indicate that this space between the two worlds is where alcohol abuse, drug addiction, physical abuse and suicide live. Enter the late Dr. Richard Twiss, a Sicangu Lakota Oyate from the Rosebud Sioux Reservation in South Dakota. Long story short, as a young man Dr. Twiss found himself in that empty place between the two worlds. His struggle for survival, literally, eventually led him to becoming a Christian. Again, long story short, Dr. Twiss ultimately figured out that he could walk in both worlds. Over time, Dr. Twiss developed a passion for living out his Christian faith through the songs, dance and traditions of his ancestors. So much so that he and his wife Katherine co-founded Wiconi International. Their greatest desire is to help as many Native Americans as possible come out of the pit of

addiction and abuse through the gospel of Jesus Christ.

Hold that thought for just a moment while I invite you to the District 6 gathering in Las Vegas on Saturday April 11.

Enter Casey Church. Casey is a member of the Pokagon Potawatomi Tribe in Michigan, and currently resides in Albuquerque, N.M. I’ll save my story of how Casey and I met for the gathering but let me just say I have great admiration and respect for this man. Casey earned a B.S. Degree in Anthropology from Grand Valley State University in Michigan, and his M.A. in Inter-Cultural Studies with a focus on Contextual Ministry from Fuller Theological Seminary in Pasadena, Calif. Casey’s wife Lora is a member of the Navajo Nation and currently works as prevention program manager for three Native American Teen Centers with the University of New Mexico Health and Science Center in Albuquerque. The churches have been active in contextual ministry for nearly two decades which eventually led them to Wiconi International. Casey has served in a variety of capacities at Wiconi over the last 10 years.

Dr. Twiss’ passing in 2013 left a huge void at the helm of Wiconi International, and Casey was recently asked to step in as the director at Wiconi which he humbly and gratefully accepted.

If you’re still not sure where this is all

going, here it is. Casey has accepted my invitation to speak at our gathering. We will be exploring Native American spirituality from a historical standpoint and a current perspective through the lens of contextual ministry. I couldn’t be any more excited to learn what Casey has to share. As fate would have it, Casey is currently working on his thesis for his doctorate and will be in Pasadena at a speaking engagement the week of the gathering. Once Casey checked his schedule for any conflicts he eagerly accepted the invitation to join us. By the time you read this you should have already received your postcard invitation and hopefully RSVP’d to attend.

I promise this is not a sermon or an alter call. No matter what your belief

system is, you won’t want to miss this exciting glimpse into Native American spirituality past and present!

“The whole earth is filled with awe at your wonders; where morning dawns, where evening fades, you call forth songs of joy.” Psalm 65: 8

Migwetch!
Rande K. Payne/Mnedo Gabo

District #6 Legislator
Citizen Potawatomi Nation
31150 Road 180
Visalia, CA 93292-9585

Office: (559) 999-3525
Cell: (559) 999-5411

Rande.Payne@Potawatomi.org



JOIN US!

For the District 6 Gathering
Potawatomi Spirituality: Past and Present
With special guest speaker Casey Church

SATURDAY, APRIL 11, 2015

10 AM - 3 PM

DESTINY CHURCH

7540 DEAN MARTIN DR. SUITE #501, LAS VEGAS, NV 89139

RSVP to Rande Payne at rande.payne@potawatomi.org
or (559) 999-3525. Lunch will be provided.

District 7 – Mark Johnson



Bozho nikanek,

The annual Family Reunion Festival is rapidly approaching and it's never too early to make plans with your family to attend the gathering in Shawnee. This year's celebration runs from June 26 - 28. The Honored Families for 2015 will be Acton, Bergeron, Curley, Delonais, Greemore, Levier, Negahnquet, and Pambogo.

Activities range from arts and crafts to sporting events and cultural events, including the popular hand games. I would like to organize a District 7

team, so if you are planning to attend and would like to participate in the hand games on Friday evening, please give me a call. Saturday's highlights are the afternoon General Council meeting in the long room at the Cultural Heritage Center, and the evening Grand Entry at the festival grounds.

I would also like to remind our members that the deadlines for scholarship applications will be here before you know it. Summer session applications and paperwork are due June 1, and fall semester applications are due August 1. It is never too early

to get them filled out. For full-time students, up to \$1,500 is available, and for part-time students up to \$750 is available. Also remember that students who receive a Tribal scholarship are also eligible to receive \$675 for the fall and spring semesters from the Student Housing Assistance Program to assist with living expenses.

Once again I would like to say what an honor and privilege it is to serve you as your District 7 representative. As always, give me a call and I will be happy to work with you on any questions you may have, or provide

you with additional information you may need to access Tribal benefits to which you are entitled.

Migwetch,
Mark Johnson/Wisk Mtek
(Strong as a Tree)

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www.markjohnsoncpn.com

District 8 – Dave Carney



Bozho District 8 members and Potawatomi everywhere,

During legislative session last May, there was a vote whether to change our Nations’ marriage ordinance (Ordinance #14-03-J&PS-14-03-T12) and redefine marriage as a union between two persons, not the historic one man, one woman definition. I voted in favor of this change, however, this legislation was defeated. As I explained in my January column, I see this as a classic civil rights issue and one that my Tribe should be on the correct side of.

This business was voted out of the Judiciary and Public Safety committee, and will be before the full legislature again in the first or second quarterly meetings of 2015. I’ve gotten several opinions from members throughout my district and thought this column would be a great place to air some of those opinions. To that end, I solicited viewpoints from around District 8 members.

From Ginger B, a CPN member living in Alaska: “Imagine my dismay to read that my nation, the Citizen Potawatomi Nation, which I so proudly represent, does not recognize the validity of my marriage. How is it that CPN justifies and perpetuates such a narrow view of who is entitled to “marry” and who is not? For almost 25 years, I have been in a committed same-sex relationship. Six years ago, we married in one of the 36 states that have legalized same-sex marriage. Yet, until last year, because of differing state laws, we were required to exist by two sets of rules. While California had legalized same-sex marriage, Alaska had not. Herein lies the heart of the civil rights issues.

“The legal benefits and protections that opposite-sex couples enjoy because their marriage is recognized and honored in every state does not apply to same-sex couples. In 36 states I can get employee health coverage for my spouse, in 14 I cannot. In 36 states, I may take family medical leave to care for my sick or injured spouse, in 14 I cannot. In 36 states, we can file a joint income tax return, in 14 we cannot. How can this not be a civil rights issue when one group of people are privileged with marriage rights regardless of whom they marry and where they live, while others only have those benefits and protection in 36 of our 50 states? This does not even address the extension of the privilege enjoyed by opposite-sex couples who choose to marry outside the United States.

“The debate over who can marry who is not new. In the not-too-distant past,

this same civil rights debate was a race issue. Civil Rights is defined as “the rights of citizens to political and social freedom and equality.” To define marriage in such a narrow view as to specify “between a man and a woman” is counter to providing the equality that comes with the rights of citizens.

“Those who oppose same-sex marriage generally hide behind their faith as a means to justify (and legislate) their beliefs. Beliefs that continue to deny basic civil rights and subjugate a class of people to a lower status. Yet, same-sex couples are in relationships and like our opposite-sex counter parts desire to take those relationships one step further in what is often defined as marriage or “the state of being united to a person in a consensual and contractual relationship recognized by law.”

“It is my hope and desire that those who govern CPN will do the right thing, and amend the language in our marriage ordinance so that all our people have equitable rights and recognition when they take the step to formally commit to another person “for long as they both shall live.”

From Earl K, a CPN member from Oregon: “I want to let you know that you have a member who is against your vote on changing the marriage ordinance. I believe marriage should remain an institution with one man and one woman.”

From Roger G, a CPN elder living in Idaho:

“Let's talk about the gay movement for awhile . Maybe the gay movement

should have remained in the closet, rather than the open displays that are rampant in America.

“If you want to declare your love in a man/man or woman/woman relationship, that's your prerogative. But I get offended when you try to ram it down my throat; and for heaven’s sake, don't tell me it's normal and acceptable behavior! And do not flaunt the fact this is YOUR lifestyle through demonstrations and gay rights parades.

But I'm only one voice in the Tribe...”

And from from Suzie, CPN member living in Southern California and Ginger’s mother:

“A Mother’s Perspective on Having a Lesbian Daughter in a Committed Same-Sex Marriage.

“She was always a little different than other girls her age. No dolls for her, no whining for her, no dresses for her. In my heart of hearts, though I did not want to admit it, there was something different in life’s plan for her. She did not choose to be a lesbian, she was born a lesbian. (Just as we were born Potawatomi). Is this what I would have chosen for her? No, of course not. All I could think of at the time, in her teens when it became undeniable, was how difficult her life would be. Did I ever try to convince her and myself otherwise? Yes! She wanted to be a teacher, she had so many plans. What would people think of her? They would never let her teach! She would never realize her dream. Did I ever turn my back on her? No! Unconditional love runs in our family.

“Well, time marches on. The world changes, many times for the good. Minds open up, acceptance happens. She has realized Her Dream and more. She has already made such a positive difference in the lives of too many students/families to count. She has grown into a beautiful, amazing, proud woman.

“How is it that the Citizen Potawatomi Nation still has a “marriage ordinance” that denies equal rights? One that does not recognize all marriage, all legal committed relationships, when we ourselves as a People have faced so much pain from being denied our Civil Rights and from others trying to change who we are. How can we continue to repeat an ugly part of history in this way?

“I am proud to say my daughter has been in a committed same-sex relationship for 25 years, and six of those years have been in marriage. I urge you to reconsider and change the marriage ordinance so that all Citizen Potawatomi Nation Members are granted the same Equal Rights.

From Dave:

In closing, I’d like to thank these folks for providing their viewpoints. If this is a matter that is important to you, I encourage you to contact your legislative representative and make your opinion known.

Bama pi,
Dave Carney/Kagashi (Raven)

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District 10 – David Barrett



Bozho,

Over the last few months, I have been hearing in the media about the fact that we are losing approximately 22 veterans each day to suicide. Doing some research to help me understand the statistics allowed me to gain some sort of an explanation.

Let’s start with the news about the Fort Hood shooting victims who will soon be eligible to receive Purple Hearts. Congress is pushing ahead with a policy change that would officially recognize domestic

terrorism as an issue, rather than the “workplace violence” designation the Obama administration had used.

From an article written by Jordain Carney in the National Journal, “the Fort Hood shooting reignited the national debate over the suicides among those who served in Iraq and Afghanistan. But older veterans have been largely overlooked in the conversation.”

Nearly 70 percent of all veterans who commit suicide are age 50 or older, according to the Veterans Affairs Department. This is twice the rate for individuals of the same age group who are non-veterans. Let’s place a number instead of a percentage though.

The hard number is that 8,030 veterans kill themselves every year, with more than 5,540 of being 50 or older.

Tom Berger, executive director of the Vietnam Veterans of America National Health Council stated, “You know, we’re just old guys, and we’re going to die, so why pay much attention to

them? That is kind of the feeling that some of our members have.”

Some veterans’ advocates say it’s easier for older veterans to feel America has forgotten their sacrifices.

There is legislation to extend enrollment eligibility for VA health care from 5 to 15 years after the end of service, which would account for possible delayed effects of war. However, this helps veterans of the Iraq and Afghanistan wars while as Berger put it, the extension “would have made a world of difference” for veterans directly after the Vietnam War, when suicides rates first tended to spike.

The VA estimates that 30 percent of Vietnam Veterans suffer from post-traumatic stress disorder, compared with 11 to 20 percent of Iraq and Afghanistan veterans. Many Vietnam veterans suffered an especially difficult transition back into civilian life due to the widespread protests against the war.

A study released last year by the VA recommends that the department increase its suicide-prevention

measures. This will hopefully reduce the suicide rate that shows one in five veterans who commit suicide were enrolled in VA health care.

Many aging veterans face the same issues as the general population in growing older, such as declining health and mobility, which can fuel feelings of loneliness and isolation. Older people also tend to suffer from more chronic pain, especially if they have endured a war wound.

The Clay Hunt Suicide Prevention Bill that has passed the unanimously by both houses of Congress and goes to the President to sign Feb. 12, 2015 which will do away with the unnecessary barriers that slow down the process for the needed care for veterans.

Native Americans have always shown the respect to their warriors (veterans) but we all need to bring ourselves to a keen awareness to recognize individuals struggling with a life issue.

Don’t say, “It’s not my problem, it’s somebody else’s.”

We need to try to point them to a solution. Have you ever thought that maybe they just want to talk it out or vent? This may be the encouragement that they are desperately seeking to reinstate there is hope for them.

In past conversations with our Vice-Chairman Linda Capps, she has stated to me, “Some vets wouldn’t be here today if it wasn’t for help from certain Tribal members.”

To those individuals goes a large shout out “Thank You.”

Migwetch,
David Barrett/*Mnedobe*
(Sits with the Spirit)

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District 11 - Lisa Kraft



Living a Full Circle Life

Thank you for allowing me to serve our Nation with another four-year term as Oklahoma Representative 11. David Barrett and I did not draw opponents. We will be sworn in this June. However, Bobbi Bowden did draw an opponent. She will be campaigning for your vote to keep her legislative seat. I have spent several years getting to know Bobbi and believe her to be the best candidate for our Nation. I ask you to please cast your vote in favor of Bobbi, either through the absentee voting process or in person. It is sad to say, but a Nation as large as ours may only turn out a few hundred votes for Oklahoma legislators. Your vote is vital.

Speaking of voting, if you are thinking of entering local Shawnee politics, please consider running for mayor of the City of Shawnee or one of the Shawnee City Commissioner seats up for reelection in 2016. Half of the City of Shawnee’s leadership needs to be replaced with commissioners like Tribal member Michael Dykstra who understands the benefits of working with local tribes to bring progress and prosperity to all Shawnee families, Indian and non-Indian alike.

I am a strong supporter of our Nation detaching/de-annexing from the City of Shawnee. This is a very complicated issue for our Nation, but in short, I see

our Tribal reservation (all six square miles of trust land and all existing lands put into trust for our Nation) as becoming the independent Indian community of FireLake, Okla. Over time, the Citizen Potawatomi Nation reservation will become synonymous with FireLake, more so than it currently is. I do not see our Tribal government requesting de-annexation of lands other than our own because I do not support incorporating under the State of Oklahoma or allowing non-Potawatomi having control over government decisions on our reservation. What I do support is FireLake becoming a home to more Citizen Potawatomi, American Indians who rely on our Federal social and health services, employees of our Nation, and owners and employees of the businesses created on our reservation.

The conditions of making a home in FireLake are driven by the money we receive for delivery of Federal programs and services to our members and Indians living within historical boundaries, the ability of Tribal members to vote in our elections to control government, and as a benefit of employment or conducting business with our Nation. Again, this is a very complicated matter. I do not envision just anyone being able to live on our reservation at will or the State of Oklahoma incorporating our reservation, or the town of FireLake, to allow any citizen to run for government, like a mayor or city commissioner. The town of FireLake is our reservation whether we choose to refer to that way today or in the future. If we do not de-annex now, we will be fighting with the City of Shawnee or any other city government in Pottawatomie County at one time or another and most likely over water. To become a federally-chartered independent Indian community takes our reservation out of the state and local fights for control of us. Just hoping that the State of Oklahoma will stop trying to rob us of our tax and

gaming revenue will not make the threat go away – it must be met with action that begins with how our Nation incorporates. This begins with de-annexation to take back what the City of Shawnee does not rightfully have.

There is a need to make our reservation truly a place where Citizen Potawatomi families can live and keep generations of Tribal members engaged in the government. I attended our Nation’s annual employee Christmas party in December and was able to meet new employees and employees that I consider old friends. I was able to catch up with my family as well. Our Nation’s employees, members and non-members, are thoughtful, innovative, and passionate about the work they do for our Nation. Imagine what energy we would have building our Nation if Tribal employees and their families called our FireLake reservation their hometown.

During the Christmas holiday, I also attended the annual child development center’s Christmas concert. It was adorable and entertaining at the same time. It was also well attended by Tribal member and non-member parents and grandparents. Director Donnette Littlehead had a BBQ afterwards that made it feel like one big family celebration. Families came together because of our Tribal Nation and what employees were able to accomplish with Federal and Tribal resources for the betterment of our entire community. Again, I thought of de-annexation from the City of Shawnee as a natural course of our national evolution.

The Chairman has talked about this issue at some length, but for me personally, I envision a multi-generational community of homes and living centers planted among Tribal government, businesses, recreation and education, health, and social services. I see large building projects and hundreds of new jobs to build FireLake, Okla. I see a town rooted in

Tribal traditions of all working together to lift each other with everyone lending a hand to help. I am not naïve enough to think this will be a utopia, but if it has the potential to benefit Citizen Potawatomi people at some point in their lives. To me, this is worth devoting my political energy.

Thanks to the ladies of Indian Child Welfare and Judge Lujan for talking with me at the Christmas party about their ideas for a transitional living center for Indian families trying to escape abuse. They spoke of a housing center where families can come together and rebuild their lives. Judge Lujan opened my eyes to survey results that reveal that a large majority of Citizen Potawatomi members living within 50 miles of the Tribal complex have never been here. Janet Draper and I spoke a few years back about the need for a foster home for our Potawatomi children and their siblings. A group home is needed where children without parents can live together until adopted, if that is their choice, where we could watch over them and engage them in our traditions, so they would not be scattered throughout America on their own with no one to love or to love them. I envision, like the chairman and vice-chairman, an apartment complex and employee housing on the reservation, so employees can walk or bike to work. Families in trouble, children without hope, and employees and Tribal members who desire to help them all living together to build better futures sounds amazing to me.

I see Potawatomi family members building homes on the golf course or small farms on our picturesque Knight farmland. I see a Citizen Potawatomi retirement village with bustling activities and group travel excursions, an assisted living center with transitional care into lifelong care where elders can be visited by children in childcare and enthusiastic Citizen Potawatomi employees.

Because many of the services our Nation provides only serves American Indian clientele with Federal resources, we have begun to push the envelope with the employee health clinic in McLoud. We have been able to fund this clinic for non-Indians through Tribal profits. As more employees come on board with our Tribe and help grow it, we may be able to provide additional services and benefits for our employees. After all, our employees make our Nation the success it is. And while they cannot participate in the governing of our Nation or a future FireLake community, they will be welcomed to live with Citizen Potawatomi members and the other resident Indian people eligible for our Housing assistance.

I see a town/community/village of FireLake where we all come together each year to dance and celebrate our community where life abounds and no one is forgotten or left behind. I see the Citizen Potawatomi Nation and/or FireLake as a destination for all Citizen Potawatomi at some point in our lives and careers.

The full circle of life weighs on my mind at this age. I am a mother to a young boy. My parents are turning 70 this year. I worry about my retirement and quality of life as I get to be their age. I worry about what legacy I will leave to my only son and how I will continue to instill Potawatomi pride in him after I am gone. For all of these reasons, de-annexation from the City of Shawnee and the development of FireLake, Oklahoma are worthy pursuits in my next legislative term.

As always, I am thinking Potawatomi.

Lisa Kraft/*Zibikwe*

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District 13 – Bobbi Bowden



Bozho Nikan,

As 2015 is well underway, I would like to take this opportunity to remind you once again of the importance of our upcoming Tribal elections and Family Reunion Festival. Our Family Reunion Festival will be (as always) the last weekend in June. It will begin on Fri., June 26 and continue thru the legislative session on Mon., June 29.

In upcoming additions of the *Hownikan* there will be information on registering your family for the Festival as well as information online at www.potawatomi.org. This is a great time for all of the members of our Nation to visit Tribal grounds and participate in some fun and traditional events. It is the perfect opportunity to see how far our Nation has come since the early 1970s, when our Tribal

headquarters and services were run out of a single-wide trailer. Today, it is a drastic contrast, with the Tribe being the largest employer in Pottawatomie County as well as having a \$558 million dollar economic impact on the State of Oklahoma.

It is due to this success and growth that our Tribe is able to offer services to our members. These services and benefits include health care and scholarships. Without the continued success of our enterprises, these things will not be possible for the next generations and the future of our Tribe. I am honored to serve with our extremely intelligent leaders to work together making sometimes difficult decisions for the Tribe’s economic growth. This is not always an easy task. We do not always agree. But I do believe with all of my heart that each

of us has the best interest of our Nation at heart and can disagree and work through those disagreements to come up with a solution that is best for the future of our Nation.

With that said, it is also the time of year that you valued members are allowed to cast your vote and decide who will serve you in the upcoming four years. Voting can be done by absentee ballot or in person on Sat., June 27, 2015. If you are unable to attend this year’s Family Reunion Festival, please take the time to place your vote by absentee ballot. All CPN members 18 or older can vote in Tribal elections. Ballot request forms are mailed out to each eligible voter ahead of the June election. Fill out the form and return it to the election committee by the voter registration deadline.

If you have any questions, or you do not receive the request form please feel free to contact the election committee at 405-275-3121 or 800-880-9880. You can also email them at elections@potawatomi.org. It is very important to vote!

If I am elected to serve another term I promise to listen to any concerns and to do my best to get answers to any of your questions and pass on as much information as I possibly can. We are truly blessed with some great benefits and incredible traditions. I look forward to continuing to learn together.

Migwetch,
Bobbi Bowden / *Peshknokwe*

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BBowden@potawatomi.org



Skipper Burch

Skipper Burch died Nov. 16, 2014 at home in Las Vegas.

A proud member of the Citizen Potawatomi Nation and a wonderful force of nature, she was and is deeply loved and greatly missed.



Julie Ann (Wulfkuhle) Fallon

Julie Ann (Wulfkuhle) Fallon, 66, of Enfield, Conn. passed away at her home peacefully Dec. 17, 2014, with her family at her side. She was born on July 29, 1948 in Ottawa, Kan., the daughter of the late Herman G. and Marcella Bell (Grauel) Wulfkuhle. She grew up in Topeka, Kan., attending Holy Name School and Hayden High. She graduated from Saint Mary University in Leavenworth, Kan., came east and began a 32-year career in the computer field for Cigna Corporation, retiring as a Systems Manager in 2002. She had great success in her employment while simultaneously being a caring wife, mother, grandmother, daughter, sister, aunt and friend.

Julie lived in Enfield for the past 39 years where she raised her family and became an active member of the community. Julie was deeply committed to her faith and served as a Lector and Eucharistic Minister and was active in her parish communities at both Holy Family Church and St. Bernard's Church. She served as President of the Holy Family Parish Council and its Women's Guild and was active in its bereavement ministry. Since her retirement, Julie committed her time to volunteering at the Holy Family Passionist Retreat Center where she served as President of their Advisory Board, the Network Against Domestic Abuse where she also served as President of the Board and the Board of St. Martha's Home And School Association.

She was fond of the arts, especially live theatre and musical performances, enjoyed a round of golf and loved to cook for family and friends. Julie was a proud member of the Citizen Potawatomi Nation and celebrated her American Indian heritage. Julie's official Potawatomi name was *Zaw Pneshi* which means "Yellow Bird."

When she wasn't volunteering, she spent her time caring for and enjoying her grandchildren, Mary, Joe, and Tommy, who each brightened her days tremendously. Whether she was visiting Kansas, New York, or simply heading to Springfield, Mass., to a Fallon gathering, family was important to her and she made great efforts to ensure that all of her relatives and friends felt the warmth and support that makes for a loving family. Her daily life was filled with good friends who shared her passion for service and her zest for life.

Julie is survived by her devoted husband, Joseph E. Fallon of Enfield; her son, Joseph E. Fallon, Jr. and his wife Lori DiPietro Fallon of

Longmeadow, Mass. and her, son, Brian J. Fallon and his partner, Aries Liang of Jersey City, N.J.; her grandchildren, Mary, Joseph, and Thomas of Longmeadow; her siblings, Joan M. Atkins and her husband, Danny of Topeka, Kan., Joseph L. Wulfkuhle and his wife, Chang, of Glendale, Ariz., and Jean E. Wulfkuhle of Topeka; her-in-laws, William E. Fallon and Deborah Chappell, Jennifer C. Fallon, James E. and Jean M. Fallon, Gary and Mary F. Provost, Edward J. and Jacqueline S. Fallon, Stephen J. and Katherine F. Sousa and Malachy E. and Karen R. Fallon and a host of nieces, nephews, great nieces, great nephews and great-great nieces.

Besides her parents, she was predeceased by her brother, Jerome T. Wulfkuhle, her brother-in-law, Michael E. Fallon, and her in-laws Edward J. and Mary J. Fallon of Springfield.

Julie and her family extend their thanks to Dr. Peter K. Schauer and his staff, all of the wonderful and caring doctors, nurses and aides at Hartford Hospital, Suffield House, Hartford Hospital VNA, Comfort Keepers and all those who cared for her over these past eleven months. The family also thanks all who strengthened Julie emotionally and spiritually with their Mass cards, gifts, letters and cards. Julie's strength of character and beautiful spirit left an indelible mark on everyone that she met. Your love and kindnesses are a testament to her spirit of generosity, the tenderness of her heart, and the fierceness of her loyalty. Cancer is indeed cruel, but Julie's courage in the face of adversity taught us all what it truly means to be brave during the most difficult of times.

A Mass of Christian Burial was celebrated on Dec. 22, 2014 in St. Bernard Church in Enfield, Conn. Burial followed in the Massachusetts Veterans Memorial Cemetery in Agawam, Mass. Memorial donations may be made to St. Bernard School, Holy Family Passionist Retreat Center, the Network Against Domestic Abuse or to a charity of the donor's choice. For further information, directions or online condolences, please visit www.brownefuneralchapels.com. Julie Ann (Wulfkuhle) Fallon



Cynthia Ann Horbach Mooty

Cynthia Ann Horbach Mooty, beloved daughter and sister, was born in Tulsa, Okla. on Dec. 17, 1957. She was the third daughter of William Richard and Betty Jean Horbach. She was a graduate of Texas State University and had a long career in real estate management before becoming the President of Bayou City Glass in Houston, Texas, where she held that position for almost 20 years. She retired and moved to Wimberley, Tex. in 2010. She was a member of St. Mary Catholic Church in Wimberley.

She is preceded in death by her father, William Richard Horbach. She is survived by her mother, Betty Jean Nelson Horbach, of Katy, Texas; three sisters and one brother; Lisbeth Moudy and husband Jerry Moudy of Broken Arrow, Okla., Ramona Keith and husband Steve Keith of Nacogdoches, Texas, Helen Dowling and husband Tom Dowling of Houston, Texas, and Richard Horbach and wife Tracy Horbach of League City, Texas; two step-children, Amanda Mooty of Deer Park, Texas and David Mooty of League City, Texas; step-grandchild, Gage Mooty. She is also survived by numerous nieces, nephews, great-nieces, and great-nephews. She left behind many treasured friends as well.

Cindy was a kind, caring, non-

judgmental, and giving person. God blessed her with a wealth of love and a generous spirit which she shared with all who crossed her path. She enjoyed spending time traveling to seek and develop a closer relationship with God. She was charismatic and had a zest for life. She was spicy and sophisticated. Her sparkling blue eyes and beautiful smile could light up any room and she will be missed by all.

Visitation took place Jan. 4, 2014 at Memorial Oaks Funeral Home in the White Oak Room. The funeral service took Jan. 5, 2014 at St. John Vianney Catholic Church in Houston, Texas. In lieu of flowers, donations may be offered in Cindy's name to The Houston Methodist Cancer Center.



Jerry Lee Maisch Sr.

Jerry Lee Maisch Sr., 80, of Tecumseh, Okla., passed away Jan. 2, 2015, at his home. He was born in Newkirk, Okla. on Nov. 3, 1934, to parents Carl Phillip Maisch and Laura Ogeal (Bourassa) Maisch. He moved with his family to Kansas City, Mo. in 1936.

Jerry attended Longfellow Elementary School and Manuel High School, both in Kansas City. He married Wynona Frances Burden in 1958. She survives of the home.

Jerry was employed for over 30 years with the General Motors Assembly Division, in Leeds, Mo. He retired in 1986 ,having only missed seven days during that time.

Jerry was a Tribal member of the Citizen Potawatomi Nation. His Native American name was *Kchumco* which means "Big Bear." He was from the first families of Bourassa, Curley and Pappan families.

Jerry enjoyed many activities including watching football, gardening, antiques and country music. He was an excellent dancer, whether it was on the dance floor with his wife or as a fancy dancer during powwows. But he loved nothing more than to sit on his patio with his family, friends, and his beloved dogs.

Jerry leaves behind his wife of 57 years; three children, Isabelle Bonebrake of Shawnee, Okla., Jerry Maisch Jr. of Liberty, Mo. and Laura Weinstein of Tecumseh, Okla.; three sisters, Elizabeth Hancock of Kansas City, Mo., Pat Brollier of Shawnee and Susie Brendelson of Shawnee; eight grandchildren and eight great-grandchildren; and many nieces, nephews, other extended family and friends.

The family has designated the Citizen Potawatomi Nation Youth Group in Shawnee as appropriate for memorials.



Sharon Newton

Sharon Newton, age 60, of Richmond, died Dec. 29, 2014, at Reid Hospital surrounded by her family.

Born July 18, 1954, in Topeka, Kan. to William F. and Mary K. Fitzgerald Mulanax, she had lived in this area since she was 20 years old. Sharon worked at Earlham College for over 15 years as a secretary in the Alumni Department and most recently in the Earlham post office. She was very proud of her American Indian heritage. Sharon was an avid knitter and quilter and she spun her own yarn. She enjoyed reading and taking pictures. Sharon loved her family dearly and treasured spending time with them.

Survivors include her husband, Gary A. Newton to whom she was married on May 28, 1999; sons, Ernest E. "B.J." (Angie) Ables Jr. of Palhattan, Kan. and Travis L. (Jodie) Hissong of Valentine, Neb.; step-daughters, Rachel M. (Bryan) Williams and Kimberly A. (Tom) Roberts, both of Connersville, Ind.; grandchildren, Matt, Jennifer, and Justin; step-grandchildren, Noah, Luke, Grace, Kaitlynn, Ethan, and Elise; mother, Mary K. Sadler of Silver Lake, Kan.; sister, Darlene (Rick) Irvin of Topeka, Kan.; brothers, Martin D. "Bud" Mulanax of Hoyt, Kan. and Ronald E. Mulanax of Grantville, Kan.; and special great-nephew, Miguel.

She was preceded in death by her father and brothers, Larry E. Mulanax and Stephen L. Mulanax.

Visitation for Sharon Newton was Jan. 5, 2015, at Sugar Grove

Community Church in Greens Fork, Ind. The funeral was Jan. 6, 2015 at Sugar Grove Community Church with Pastor Adam Rinehart officiating. Burial followed in Sugar Grove Cemetery. Arrangements are being handled by Doan & Mills Funeral Home.

Memorial contributions may be made to: Reid Hospital Foundation for Cancer Care, 1100 Reid Parkway, Richmond, IN 47374 or Sugar Grove Community Church Memorial Fund, 6404 Sugar Grove Road, Greens Fork, IN 47345.

Condolences may be sent to the family via the guest book at www.doanmillsfuneralhome.com.



Larry Thompson

Larry Thompson, age 54, of Boles, Ark. passed away on January 17, 2015 in Boles. He was born on March 6, 1960 in Prescott, Ark. to Doyle Thompson and Sybil (Bailey) Lewallen. He was a member of the Crossroads Assembly of God Church in Delight. Larry was an outdoorsman, loved deer hunting and was a proficient carpenter by trade.

He was preceded in death by his grandparents.

Survivors include: spouse, Carlene Stovall of Boles; his father, Doyle Thompson and stepmother Leah of Harrah, Okla. and mother, Sybil Lewallen and stepfather Phil of Antoine; two brothers, Jerry Thompson and wife Tina, of Delight, and Phillip P. Lewallen of Emory, Texas; one sister, Phylissa Braley and husband Bryan, of Nixa, Mo. A host of other relatives and friends mourn his passing.

Services were January 20, 2015 in the Latimer Funeral Home Chapel with Danny Eckert officiating. Burial followed in Delight Cemetery under the direction of Latimer Funeral Home, Murfreesboro.

You may send an online sympathy message to www.latimerfuneralhome.com.

Submitting obituaries

To submit an obituary, please send a word document and a 300dpi photo to hownikan@potawatomi.org.

Burial assistance

A \$2,000 burial fund is available to all enrolled CPN members.

Please contact the Tribal Rolls Department for info at 800-880-9880.

CPN Burial Assistance through Tribal Rolls

The \$2,000 CPN Burial Assistance Fund is automatically available to all enrolled CPN members. You may fill out a burial assistance fund form if you would like for us to keep it on file in case of any change in resolutions. Please note: Once a CPN Tribal member has passed, the Tribal Rolls office must be notified in order for CPN to provide burial funding. Information and instructions for the burial process will be sent to the next of kin and will be discussed then.

For more information please call Kaleigh Coots at 405-878-5830 or email Kaleigh.coots@potawatomi.org.